
Chocolate log


Stylish starters


Best-ever Christmas cake


Delicious mains

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Special Christmas issue

* DIVINE FESTIVE DESSERTS
* **HANDMADE GIFT IDEAS**
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Let's bake!

Gorgeous gluten-free recipes for all your festive favourites

10 top tips for a happy, stress-free holiday

Wow!

Make the ultimate Black Forest Pavlova



THE BIG DAY

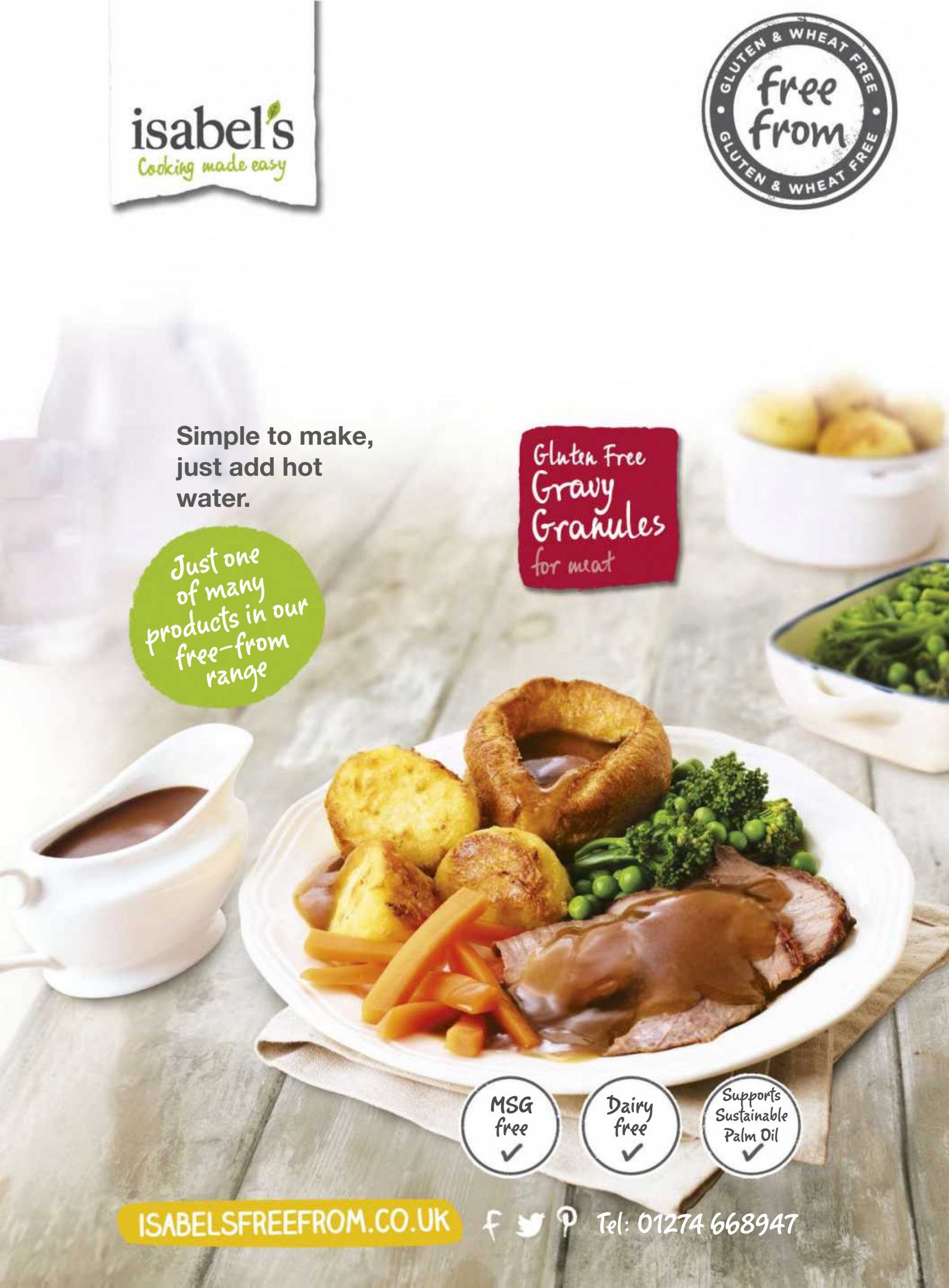
Gordon Ramsay's foolproof Xmas dinner


Perfect puds


Gluten-free stollen

PLUS: Presents for food lovers • Christmas puddings on test • The best party cocktails

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GF XMAS


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Welcome



There simply isn't a more special time of year than Christmas! What could be better than spending time with friends and family and indulging in food and a tipple or two? This issue, we've got gluten-free recipes for all your festive favourites; from Yule log (p64) to stollen (p67) and mince pies (p69) to Christmas cake (p66). Plus, as well as traditional treats, you'll find modern alternatives to tempt your taste buds. Try the raspberry and white chocolate trifle (p33) and showstopping Black Forest Pavlova (p30).

For many of us Christmas can be a hectic time, so make sure you find 10 minutes to read our stress-busting guide on p38 – we promise you'll thank us for it afterwards. Save time by filling your freezer with our family-friendly meal ideas starting on p41 and take inspiration from our buffet recipes from p89 – perfect for feeding a crowd. Plus, get your Christmas presents all wrapped up with our festive gift guide starting on p49 and our handmade treats, including blackberry gin (p83).

For more recipe inspiration, make sure you visit our brand new website at **eatingandlivingwell.com**. I hope you enjoy reading this Christmas issue of *Eating & Living Gluten Free* and have lots of fun trying out all the recipes. The team and I would like to wish you a very merry Christmas. See you in 2016!

Sarah

Sarah Trevor, Editor







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editor@eating-and-living-glutenfree.co.uk

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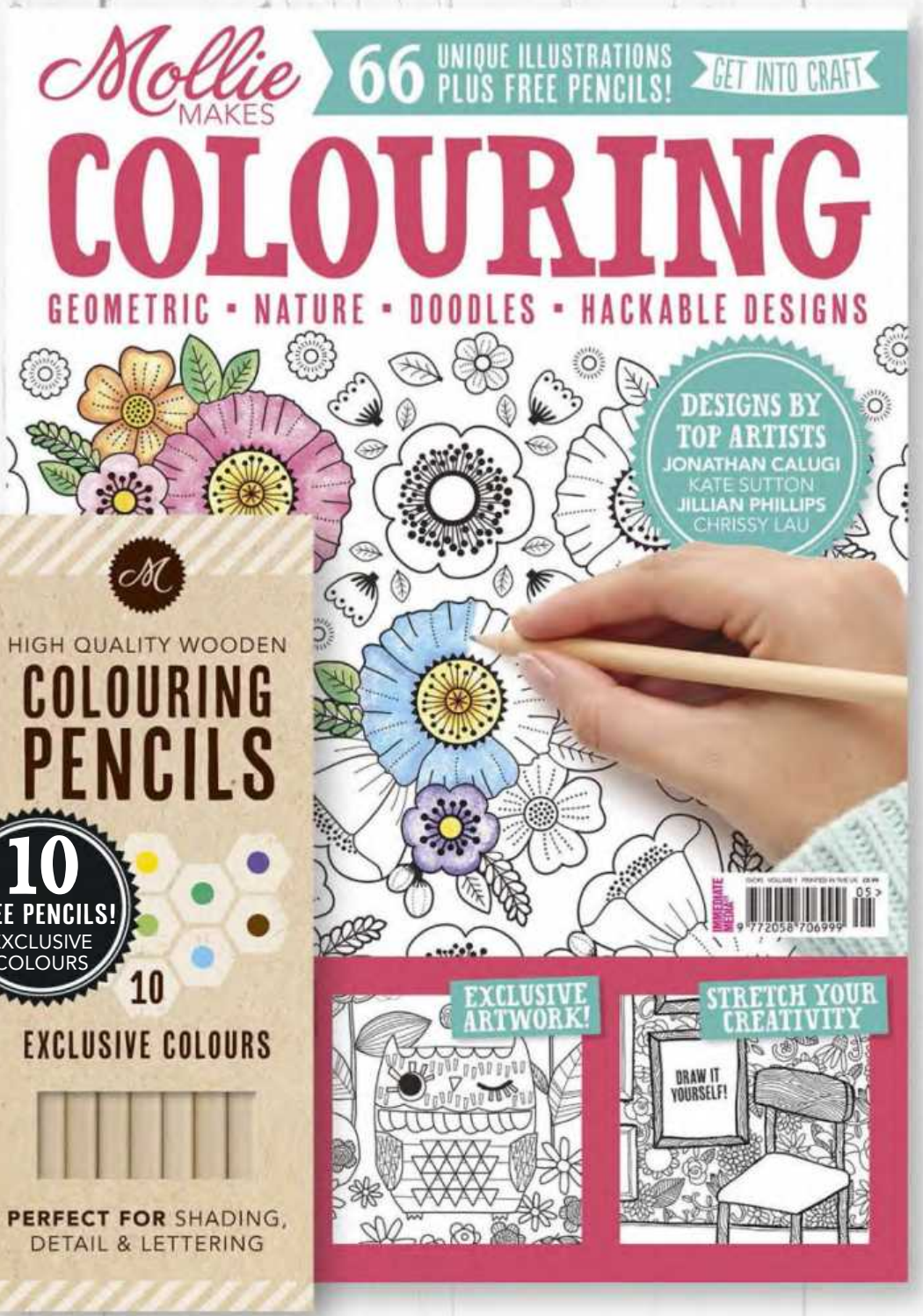
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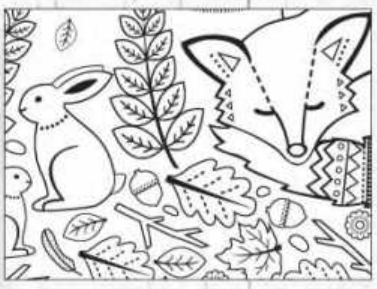
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Over to you!

We love seeing your latest makes and bakes, so drop us a line and you could win a fab prize!



Wendy whipped up this venison ragout in the kitchen

Star letter

Kitchen whizz

Since being diagnosed with coeliac disease, I have started making more meals from scratch. Here I have made a delicious venison ragout with fennel, shallots and green beans in a red pepper and tomato sauce. On the side there's steamed spinach and a new idea for me, cauliflower 'rice', which I stir fried in spice-infused coconut oil. It's one I'll try again, especially for a special meal.

Wendy Irving, by email

Ed: This sounds delicious, Wendy – well done!

STAR LETTER PRIZE!

This issue, our star letter winner receives £25 worth of delicious PERK!ER goodies. To find out more about PERK!ER products go to **perkier.co.uk**



Baking inspiration

Thank you so much for including an interview with *GBBO* star, Howard Middleton in the last issue of *Eating & Living Gluten Free*. He was my absolute favourite contestant in last year's *Bake Off* and I've now cooked so many recipes from his new book. It's great to see people in the public eye cooking gluten free. A few years ago there wasn't much for us out there and now it seems like we're spoilt for choice, with books, cookery programmes and blogs showing us just how tasty gluten-free food can be! Keep up the good work – can't wait to see who you chat to next!

Sally Beale, Wolverhampton

Ed: I'm so pleased you enjoyed this, Sally. Turn to p114 now to read our chat with TV star, Gaby Roslin.

Back in the kitchen

I found out I was gluten intolerant last year and, as a keen baker, this was a bit of a blow. I didn't think there was much point trying to recreate my bakes with gluten-free flour – to be honest, I thought nobody would eat them! A year on, I got back in the kitchen and I'm baking birthday cakes and biscuits, and I'm in charge of making our Christmas cake, too. Thanks for all your amazing recipes – I always look forward to the next issue!

Steph Saunders, Cambridge

Ed: I'm glad to hear you haven't lost your love for baking. Find lots more festive recipes in our section starting on p63.

Charity success

I wanted to let you know that I thoroughly enjoyed making the millionaires' shortbread from last issue. I baked them for a charity sale at work and helped to raise over £130 for Breast Cancer Care. Thank you for the recipe!

Sue Blackley, Notts

Ed: We are so glad to hear it was a success, Sue!



Here's what you've been tweeting

@ELGlutenFreeMag It helps so much to not feel alone – we're all in it together! **@gfcuppatea**

@ELGlutenFreeMag Look, I managed to create delicious #glutenfree oven baked doughnuts! **@AuntDD97**

Slow morning means we've got time for #glutenfree pancakes. Hurray for school holidays! **@CupcakeCornerUK**

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News bites

Find out what's been cooking in the world of gluten-free living



APP OF THE MONTH

WHOLEFOODS MARKET

If you're lucky enough to live near a Wholefoods Market (there are nine in the UK, with seven of those in London) you'll know what a wonderful place it is! The app features more than 3,700 recipes, which you can search by course, cuisine and diet, and menus for special occasions. Plus, there's info about deals and events, and you can create shopping lists with one click. It's great for those 'what-shall we-have-for-dinner?' moments!

Cheerio to Cheerios?

General Mills has spent millions of dollars producing gluten-free Cheerios, but four months into the conversion, the company recalled 1.8 million boxes after discovering the cereal contained wheat. Jim Murphy, president of the Cereal division, says: "We've instituted additional flour handling protocols at all facilities to ensure this will not happen again. Please know we'll be working even harder to earn back your trust."



Gluten free = stress free



Knowing what's on the plate in front of you isn't always guaranteed, especially when eating out, but that could be set to change with the arrival of Nima, a revolutionary device developed by 6SensorLabs.

The US-based company has created a portable gluten tester that's compact and user-friendly, and allows you to test food for gluten in under two minutes. Just pop a small amount of food in the test pod, wait a little while and, if the food is safe, a smiley face will appear on the screen. Nima is available to pre-order now for $199 (around £130), and will be shipped in 2016. For more details, go to **nimasensor.com**

3 of the best... granola

Beet it!



If you've eliminated grains, try this delicious blend of quinoa, coconut, pistachios and chia seeds. Add milk and it turns bright pink, so just make sure you're not wearing white when you eat it!

QNola Beetroot & Pistachio, £7.80 per 250G, qnola.co.uk

Go green



This gluten-free crunchy cereal is made from nuts, seeds and superfoods, and slow-baked with low GI coconut sugar, plus it's certified by the Soil Association.

Planet Organic Sweet Greens Paleo Granola, £5.99 per 350g, planetorganic.com

Living it up

This raw, gluten-free granola is made from raw sprouted buckwheat, cacao, vanilla and seeds, plus blueberries, bananas and date paste. It's great for vegans, too!

The Living Food Kitchen Raw Cacao and Vanilla, £5.49 per 180g, thelivingfood kitchen.com





Dinner date

Would you use a dating site to find the perfect partner?

GlutenFreeSingles.com started with two friends, Marcella Romaya and Sheri Grande, one coeliac and the other gluten intolerant, disappointed in the gluten-free dating scene.

"As someone with coeliac disease, I found it challenging and stressful when dating someone who didn't understand my gluten-free lifestyle," says Marcella.

"I had a great deal of anxiety before going on a first date, about choosing a restaurant, ordering the right meal and the embarrassing effects after inadvertently ingesting gluten. After many unsuccessful dates, Sheri and I realised food is one way to someone's heart! We searched online and found nothing for gluten-free singles, and felt there was a need to connect people with intolerances and coeliac disease, so we created **glutenfreesingles.com**!"

Even if you're cynical about online dating or you don't feel the need to find a gluten-free partner, GlutenFreeSingles.com is also a great place to make friends and find out the latest gluten-free news. There's also a forum for support if you're struggling with a no-gluten lifestyle. For more info and to join, go to **glutenfreesingles.com**

MUM'S THE WORD

Mum of three, Amy Granger, has been nominated for a Mumpreneur Award, thanks to her gluten- and dairy-free chocolate business, which she started in 2013 after her daughter contracted meningitis and septicemia.

Unable to juggle a full-time job and the hospital visits, she decided to work for herself. As her daughters have milk allergies and she suffers from gluten sensitivity, Amy began to learn about food alternatives, and Essy & Bella was born! In August they moved to a dairy- and gluten-free space, and they now produce amazing gourmet bars.

"I would be honoured to win," says Amy. "I never dreamt we'd expand as we have done!"

The results are announced as we go to press, so fingers crossed for Amy! Find out more at essyandbella.com



Diary dates

27-29th November

Foodies Festival Christmas

For three days, Truman Brewery, London will be transformed into a food-lover's paradise! Rub shoulders with top chefs, watch cookery demos, listen to live music and, of course, indulge in seriously good food. For more info, go to **foodiesfestival.com**



4th December

Naomi's Gluten Free Cookery Course @ River Cottage

Learn how to make treats to suit your intolerance, with a day of baking with Naomi Devlin. Find out more at **rivercottage.net**

24th December

New *Eating & Living Free From*!

Whether you buy it on Christmas Eve or wait until the New Year to kick start your new free-from lifestyle, you're in for a treat with the new issue of our sister mag! It's packed with delicious gluten-, grain-, dairy-, sugar- and meat-free recipes!



21st January 2016

The next issue is out!

You've a little while to wait, but the next issue of *Eating & Living Gluten Free* hits the shops today, so put a red ring around the date in your diary! As usual, it'll be bursting with recipes, tips and products, chosen just for you!

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Eating & Living FREE FROM



The new issue of *Eating & Living Free From* is packed with over 60 delicious recipes to try this winter!

INSIDE THIS ISSUE:

- Your essential guide to Christmas, with vegan, gluten-, dairy- and sugar-free alternatives to all your festive favourites
- Indulgent dairy-free desserts, edible gifts and stocking fillers, comforting winter warmers and seasonal dishes
- We explore the benefits of supplements, and tell you how to make raw chocolate
- Find out why Sri Lanka should be your next holiday destination!
- Interviews with Anna Jones and Susan Jane White, author of *The Virtuous Tart*
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The big day

Your festive feast begins right here, with unmissable recipes for Christmas dinner and all the trimmings!

TENDER TURKEY

...GORDON RAMSAY'S TIPS FOR THE PERFECT CHRISTMAS BIRD

P16 »



Photography by Alan Gillard

Parsnip and roasted garlic soup with crème fraîche and lemon oil

Sweet and creamy, yet surprisingly light, this wintry soup will still leave room for a big Christmas dinner with all the trimmings

SKILL LEVEL: **SERVES 6** **PREPARATION:** 10 minutes **COOKING:** 1 hour 45 minutes

YOU WILL NEED

- 3 whole heads of garlic
- ¼ cup (60ml) olive oil
- 20g (¾oz) butter
- 1 onion, finely chopped
- 6 cups (1½litre) GF chicken or vegetable stock
- 1.2 kg (2lb 6oz) parsnips, coarsely chopped (woody centres removed)
- 1 cup (236ml) cream
- Sea salt and freshly ground black pepper
- Juice of half a lemon
- Crème fraîche, to serve
- Freshly snipped chives, to garnish
- Lemon-infused olive oil, for drizzling

KCAL	FAT	SATURATES	CARBS
426	23g	8g	49g
SUGAR	**FIBRE**	**PROTEIN**	**SALT**
14g	10g	9g	0.9g

*PER SERVING

HOW TO MAKE

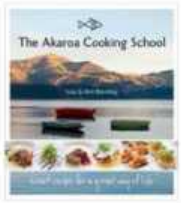
1 Preheat the oven to 180°C/350°F/Gas Mark 4. Place the garlic on a large sheet of foil, drizzle with 1 tbsp of the olive oil, and wrap to enclose. Place on an oven tray and roast for 40–45 minutes or until very tender. Set aside to cool. When cool enough to handle, squeeze the garlic flesh from its skin (discard skin) and set aside.

2 Meanwhile, heat the butter and remaining olive oil in a large saucepan over medium heat, add the onion, and stir occasionally for 6-8 minutes or until tender. Add the stock and parsnips, and bring to the boil. Cover and then turn down to a simmer and cook for 45–60 minutes or until the parsnip is very tender. Add the roasted garlic and cream, and then purée the soup with a hand blender until smooth (add a little water if necessary to reach required consistency). Season to taste with sea salt, freshly ground black pepper and a little lemon juice.

3 Serve in warmed bowls with a dollop of crème fraîche, chives and a drizzle of lemon-infused olive oil.

CHEF'S TIP

This soup freezes really well, so pop any leftovers in the freezer in plastic boxes to enjoy another day.



Recipe taken from *The Akaroa Cooking School* by Lou and Ant Bentley, published by HarperCollins, £18.99



Photography © Lakeland

Salmon terrine

Recipe courtesy of Lakeland. Find more recipes at lakeland.co.uk

Luxurious yet light, this terrine is the perfect starter to impress your guests with before you serve Christmas dinner – serve with GF bread or crackers, or a lightly dressed green salad

SKILL LEVEL: **SERVES 8** **PREPARATION:** 10 minutes **COOKING:** 10 minutes (plus setting time)

YOU WILL NEED

- 500g (17½oz) fresh salmon
- 500g (17½oz) sliced smoked salmon
- 200g (7oz) butter
- 300g (10½oz) cream cheese
- 450g (15¾oz) natural yoghurt
- 4 tbsp chives, chopped
- Juice of 2 lemons
- Salt and ground black pepper

KCAL	FAT	SATURATES	CARBS
548	46g	24g	5g
SUGAR	**FIBRE**	**PROTEIN**	**SALT**
4g	0g	29g	2g

*PER SERVING

HOW TO MAKE

1 Poach the fresh salmon and leave to one side.

2 Line the terrine with the smoked salmon, leaving an overhang on each side.

3 Blend the butter and cream cheese together until smooth then add the yoghurt and chives and mix well, taking care not to over beat.

4 Flake the poached salmon, chop any remaining smoked salmon. Stir both into the mixture.

5 Add lemon juice and seasoning then mix well. Spoon into the terrine, fold over the smoked salmon, cover with cling film and put in the fridge for several hours until firm.

CHEF'S TIP

Marco Pierre White suggests eating smoked salmon that is as fresh as possible, as it won't taste as good at the end of the shelf life. Finding a fishmonger in your area is your best bet.

Cook's timeline

Plan your day and minimise stress with Gordon's handy guide to Christmas dinner

Well in advance...
• Order your fresh free-range turkey. If you opt for a frozen turkey, a 5-6kg (11-13lb) one will need about three days to thaw in the fridge.

The day before...
• Make the cranberry and apple sauce as per my recipe. Refrigerate.
• Make the herb butter and use to stuff the turkey, then return this to the fridge.
• Make the stuffing and wrap in foil, ready for the oven. Refrigerate.

6–7 hours in advance...
• Bring turkey to room temperature.

4½ hours ahead...
• Put the turkey in the preheated oven. Baste and lay the bacon rashers over the turkey breast after the first 15 minutes. Baste the turkey every 30 minutes.
• Blanch the sprouts and keep them immersed in chilled water.
• Peel the potatoes and immerse in water to prevent browning.

1½ hours ahead...
• Take the cranberry and apple sauce from the fridge and put into a serving bowl.
• Parboil the potatoes and drain. Toss in seasoning and hot oil.
• Remove the turkey from the oven and leave to rest.
• Put the potatoes and stuffing in the oven to roast.
• Make the gravy and leave in the pan ready to reheat.

15 minutes ahead...
• Warm plates and serving dishes.
• Finish cooking the sprouts and turkey gravy.
• Warm cranberry and apple sauce – cover with foil to keep it warm.

Just before serving...
• Unwrap and slice the stuffing to serve alongside the hot gravy. Plate the roast potatoes.
• Carve the turkey and serve with all the accompaniments.

Your festive feast!

Take the stress out of cooking this Christmas, with **Gordon Ramsay's** foolproof menu and planning tips



Christmas dinner menu

Roast turkey with lemon, parsley and garlic

Turkey gravy with cider and walnuts

Pork, apricot and pistachio stuffing

Caramelised cranberry and apple sauce

Roast potatoes with chilli and turmeric

Brussels sprouts with pancetta and chestnuts

Caramelised cranberry apple sauce

Cranberry sauce is must-have addition to any Christmas dinner and Gordon's addition of star anise and cardamom gives this classic a spicy kick

SKILL LEVEL: **SERVES 10-12** **PREPARATION:** 5 minutes **COOKING:** 15 minutes

YOU WILL NEED
- 150g (5¼oz) caster sugar
- 2 star anise
- 4 green cardamom pods, lightly crushed
- 250g (8¾oz) fresh cranberries
- 2 Braeburn apples, peeled, cored and chopped
- Sea salt and freshly ground black pepper
- 60ml (2fl oz) ruby port
- Finely grated zest and juice of 1 orange

KCAL	FAT	SATURATES	CARBS
92	0g	0g	23g
SUGAR	**FIBRE**	**PROTEIN**	**SALT**
19g	2g	0g	0g

*PER SERVING

HOW TO MAKE

1 Put the sugar into a heavy-based pan with the star anise and cardamom pods and melt over a medium heat. Allow the melted sugar to turn a rich caramel colour, then add the cranberries and a touch of seasoning.

2 Cook briefly until cranberries begin to soften. Add apples and cook for 3–4 minutes, tossing frequently to coat fruit in caramel.

3 Pour in the port, then reduce the heat slightly and stir in the orange zest and juice. Simmer for about 10 minutes, allowing some of the cranberries to break down and thicken the sauce. Remove from the heat and discard the star anise and cardamom. Serve warm. This sauce can be made 3–4 days in advance and kept in the fridge.

YOU WILL NEED

- 1 free-range turkey (ideally Norfolk Black or Bronze), about 5–5.5kg (11-12oz)
- Sea salt and freshly ground black pepper
- 2 onions, peeled and halved
- 1 lemon, halved
- 1 head of garlic, halved horizontally
- 6 bay leaves
- Olive oil, to drizzle
- 8 rashers of smoked streaky bacon

LEMON, PARSLEY AND GARLIC BUTTER

- 375g (13¼oz) butter, at room temperature
- 1 tbsp olive oil
- Finely grated zest and juice of 2 small lemons
- 3 garlic cloves, peeled and crushed
- Small bunch of flat leaf parsley, leaves only, chopped

KCAL	FAT	SATURATES	CARBS
1143	79g	32g	3g
SUGAR	**FIBRE**	**PROTEIN**	**SALT**
1g	0g	102g	1g

*PER SERVING



Photography by Chris Terry

Roast turkey with lemon, parsley and garlic

The savoury butter under the skin will keep the turkey breast wonderfully moist and flavourful

SKILL LEVEL: **SERVES 10** **PREPARATION:** 20 minutes **COOKING:** 2 hours 45 minutes (plus resting time)

HOW TO MAKE

1 Preheat the oven to 220°C/430°F/Gas Mark 7. Meanwhile, prepare the herb butter. Put the butter into a large bowl and season with salt and pepper. Add the olive oil and mix well. Add the lemon zest and juice, crushed garlic and chopped parsley. Mix well to combine.

2 Remove the giblets from the turkey cavity. Season the cavity well with salt and pepper, then stuff with the onions, lemon, garlic halves and 2 bay leaves.

3 With your hands, loosen the skin on the breast from both ends of the bird so that you will be able to stuff the flavoured butter underneath it, making sure you keep the skin intact. Repeat with the skin on the legs – from the lower side of the breast, feel your way under the skin and out towards the leg, loosening the gap.

4 Stuff half the butter mix into the opened spaces under the skin. From the outside of the skin, gently massage the butter around the breasts so the meat is evenly covered. Insert the rest of the bay leaves under the skin of the breasts.

5 Place the bird in a large roasting tray, breast side up. Spread the rest of the butter over the skin. Season well with salt and pepper, then drizzle with a little olive oil. If preparing a day ahead, cover turkey with foil and refrigerate at this stage.

6 Roast the turkey in the hot oven for 10–15 minutes. Take the tray out of the oven, baste the bird with the pan juices and lay the bacon rashers over the breast to keep it moist. Baste again. Lower the setting to 180°C/360°C/Gas Mark 4 and cook for about 2½hours (calculating at 30 minutes per kg), basting occasionally.

7 To test whether your turkey is cooked, insert a skewer into the thickest part of the leg and check that the juices are running clear, rather than pink. As oven temperatures and turkey shapes and sizes vary, it is crucial to check your turkey about 30 minutes before the calculated roasting time. If the juices are pink, roast for another 15 minutes and check again. Repeat as necessary until the turkey is cooked.

8 Transfer the turkey to a warmed platter and remove the parson's nose, wings and tips of the drumsticks; reserve these for the gravy. Leave the turkey to rest in a warm place for at least 45 minutes; make the gravy in the meantime. Remove the bay leaves from under the skin of the turkey before carving. Serve the turkey with the piping hot gravy, stuffing and the other accompaniments.

Roast potatoes with chilli and turmeric

Crunchy on the outside and fluffy in the middle with a kick of chilli, these roast potatoes will soon become a family favourite

SKILL LEVEL: **SERVES 8-10**
PREPARATION: 15 minutes
COOKING: 1 hour

YOU WILL NEED
- 2.5kg (5½lb) potatoes, such as Maris Piper
- Sea salt and freshly ground black pepper
- 1½tsp ground turmeric
- Pinch of chilli flakes, to taste
- 4–5 tbsp olive oil (or goose or duck fat)

KCAL	FAT	SATURATES	CARBS
241	6g	1g	46g
SUGAR	FIBRE	PROTEIN	SALT
2g	6g	5g	0.2g

*PER SERVING

HOW TO MAKE

1 Preheat the oven to 200°C/390°F/Gas Mark 6. Peel the potatoes, quarter lengthways and place in a large saucepan of salted cold water. Bring the water to the boil, then lower the heat and simmer for about 8 minutes.

2 Drain the potatoes in a colander and sprinkle with the turmeric, chilli flakes and some salt and pepper. Toss in the colander to coat evenly, then drizzle with a little of the olive oil and toss again. Leave to steam for 5 minutes.

3 Put the rest of the olive oil in a roasting tray and place in the oven for a few minutes to heat up. Carefully add the potatoes and toss to coat in the oil. Roast for 40–45 minutes, turning a few times, until crisp and golden. Drain on kitchen paper and transfer to a warmed dish to serve.



Photography by Chris Terry

Brussels sprouts with pancetta and chestnuts

Jazz up faithful sprouts with pancetta and chestnuts and watch your guests be amazed by the transformation!

SKILL LEVEL: **SERVES 8-10** **PREPARATION:** 10 minutes **COOKING:** 10 minutes

YOU WILL NEED
- 1kg (2¼lb) Brussels sprouts, outer leaves removed
- Sea salt and freshly ground black pepper
- 1–2 tsp olive oil
- 200g (7oz) pancetta, cut into lardons
- 200g (7oz) vacuum-packed chestnuts
- 2 lemons

KCAL	FAT	SATURATES	CARBS
177g	11g	3g	17g
SUGAR	FIBRE	PROTEIN	SALT
2g	5g	6g	1g

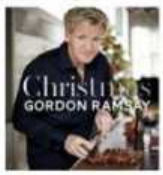
*PER SERVING

HOW TO MAKE

1 Trim base of sprouts and cut in half lengthways. Bring pan of salted water to boil. Add sprouts and blanch for 2–3 minutes, then drain well.

2 Heat oil in wide frying pan. Fry pancetta for a few minutes until golden and crisp. Toss in the sprouts and cook for 2–3 minutes, tossing occasionally.

3 Roughly chop chestnuts, add to pan. Grate lemon zest over sprouts and chestnuts, squeeze over a little juice. Season and transfer to warmed serving dish.



These recipes are taken from *Christmas* by Gordon Ramsay (Quadrille, £15)

Pork & apricot stuffing

Tangy apple, nuts and chorizo combine to make this tasty stuffing

SKILL LEVEL: **SERVES 6-8**
PREPARATION: 10 minutes
COOKING: 40 minutes plus resting time

YOU WILL NEED

- 500g (17¾oz) pork mince
- Sea salt and ground black pepper
- 1 large Braeburn apple
- 6 dried apricots, chopped
- 30g (1oz) pistachio nuts, chopped
- Finely grated zest of 1 lemon
- Small bunch flat leaf parsley, leaves only, chopped
- Olive oil, to drizzle
- Large bunch of big sage leaves
- 2 fresh merguez or chorizo gluten-free sausages

KCAL	FAT	SATURATES	CARBS
423	37g	7g	9g
SUGAR	**FIBRE**	**PROTEIN**	**SALT**
7g	2g	14g	0.3g

*PER SERVING

HOW TO MAKE

1 Preheat oven to 200°C/390°F/Gas Mark 6. Put pork mince into a large bowl and season. Grate apple into bowl, avoiding core. Add the apricots, pistachios, lemon zest and chopped parsley, and mix well.

2 Lay foil on a surface, drizzle with oil. Arrange sage leaves on foil, overlapping in two rows to form large rectangle, the length of the two sausages placed end to end. Sprinkle with seasoning.

3 Spread half of stuffing mixture in middle, along length of leaves, run finger down centre of stuffing to create a hollow for sausages. Lay sausages in hollow and cover with remaining stuffing mixture.

4 Bring up foil and envelope stuffing, twisting ends to seal. Holding both ends, roll stuffing in foil to get a tight and even log. Refrigerate if making a day ahead.

5 Put stuffing parcel into baking dish. Cook for 40 minutes. To check if cooked, insert skewer into middle for 10 seconds – it should feel piping hot against your wrist. The log should feel firm. Leave to rest for 15 minutes before slicing to serve.



Photography © Getty Images

Turkey gravy with cider and walnuts

Banish the instant granules this Christmas and wow your dinner guests with this rich, boozy toasted walnut gravy

SKILL LEVEL: **SERVES 8-10** **PREPARATION:** 5 minutes **COOKING:** 25 minutes

HOW TO MAKE

1 Once you've transferred the cooked turkey to a platter to rest, drain off most of the fat from the roasting tray and place on the hob.

2 Roughly chop the bacon, add to the tray and fry for a few minutes. Chop the onions and lemon and add to the tray with 2 rosemary sprigs and the tomatoes. Cook for 1–2 minutes, then add the turkey wings, parson's nose and drumstick tips and fry for a few more minutes.

3 Pour in the cider and boil for a few minutes. Add the juices from the resting turkey and simmer to reduce the liquid by half. Pour in the stock, return to the boil, then reduce the heat slightly.

4 Using a potato masher, crush the vegetables in the tray. Simmer for 15–20 minutes, stirring occasionally, until reduced again by a third. Take the pan off the heat.

5 Strain the gravy through a sieve into a saucepan, pressing down on the solids in the sieve with a ladle to extract as much of the flavourful juice as possible. Add a fresh sprig of rosemary to the pan, then turn off the heat and leave to infuse for a few minutes.

6 Before serving, remove the rosemary and then reheat the gravy. Coarsely crush the walnut pieces using a pestle and mortar and then tip into a warmed gravy jug. Pour the piping hot gravy on top and serve at once.

YOU WILL NEED

- Bacon, onions, lemon and trimmings from the roast turkey (see p17)
- 3 rosemary sprigs
- 3 tomatoes, chopped
- 1 litre (34fl oz) dry GF cider
- 600ml (20¼fl oz) GF chicken stock
- 2 tbsp walnut pieces, toasted
- Sea salt and freshly ground black pepper

KCAL	FAT	SATURATES	CARBS
130	6g	2g	8g
SUGAR	**FIBRE**	**PROTEIN**	**SALT**
4g	1g	3g	0.4g

*PER SERVING



Photography by Steve Painter

Roast goose

Roast goose makes a great alternative to turkey at Christmas, or a special Sunday roast. Serve with all the trimmings – goose-fat roast potatoes are a must!

SKILL LEVEL: **SERVES 8-10** **PREPARATION:** 15 minutes **COOKING:** 1 hour 50 minutes

YOU WILL NEED

- Whole goose, about 4.5kg (10lb)
- 100g (3½oz) butter
- 1 quantity stuffing (see p19)
- Salt and black pepper, to season
- 200ml (6¾fl oz) GF chicken stock or any other type of stock
- Handful of fresh sage and parsley

KCAL	FAT	SATURATES	CARBS
220	16g	8g	1g
SUGAR	**FIBRE**	**PROTEIN**	**SALT**
0g	0g	18g	0.2g

*PER SERVING (EXCLUDING STUFFING)

CHEF'S TIP

A goose is more about the breasts than turkey or chicken – you don't get an awful lot from the thighs and drumsticks. Miranda Ballard suggests 500g (17¾oz) per person yields about 200g (7oz) boneless meat.

HOW TO MAKE

1 Preheat the oven to 160°C/325°F/Gas Mark 3.

2 Use tweezers to remove any stubborn feathers left in the skin of the goose. Rub the butter over the skin of the bird. Fill with the stuffing, if using.

3 Sprinkle salt and black pepper all over the bird and place the goose breast-side down on a rack inside a roasting pan.

4 Pour in the chicken stock up to a depth of 2cm (¾in), along with the fresh sage and parsley.

5 Roast in the preheated oven for 20 minutes, then turn the goose over and spoon the juices over the top (the breasts). Return to the oven for a further 20 minutes per 1kg (2¼lb) of unstuffed goose weight. Baste every 20 minutes.

6 Increase the heat to 200°C/400°F/Gas Mark 6 for the last 15 minutes, to brown the surface of the goose and crisp the skin without drying out the meat.



Recipe taken from *Modern Meat Kitchen* by Miranda Ballard (Ryland Peters & Small, £19.99)

Maple-glazed ham

A succulent ham with a sticky glaze tastes just as good in your Boxing Day sandwiches as it does on Christmas Day

SKILL LEVEL: **SERVES 12** **PREPARATION:** 10 minutes **COOKING:** 1½ hours

YOU WILL NEED

- 1.5 – 2.5kg (4 – 6lbs) boneless ham
- Whole cloves
- 2 tbsp brown sugar
- 2 tbsp maple syrup
- 1 tbsp prepared mustard
- Bacofoil Non-Stick Foil

KCAL	FAT	SATURATES	CARBS
848	53g	18g	5g
SUGAR	**FIBRE**	**PROTEIN**	**SALT**
4g	0g	82g	1g

*PER SERVING

CHEF'S TIP

Instead of maple syrup and mustard, use a jar of marmalade as a glaze – the citrus flavour works perfectly with ham.

HOW TO MAKE

1 Preheat the oven to 170°C/340°F/Gas Mark 3.

2 Line a 33x23cm (13x9in) baking pan with Bacofoil Non-Stick Foil. Score the ham by lightly cutting diamond shapes into it, then insert cloves.

3 Place ham in foil-lined pan. Bake uncovered for 1-1½ hours or until thermometer (in thickest part of ham) reads 60°C/140°F.

4 While ham is baking, combine brown sugar, syrup and mustard, and spoon over ham during last ½ hour of baking time. Let the ham stand for 10 minutes before slicing.

Recipe by Bacofoil. Find more recipes at bacofoil.co.uk



Photography © iStock

Nut roast with cranberries

You can't go wrong with a classic nut roast – you might even find your meat-eating dinner guests competing with the vegetarians for a slice of this satisfying loaf!

SKILL LEVEL: **SERVES 8** **PREPARATION:** 20 minutes **COOKING:** 1 hour

YOU WILL NEED

- 1 tbsp olive oil
- 3 medium leeks, finely sliced
- 4 rosemary sprigs, leaves only, roughly chopped
- 6 thyme sprigs, roughly chopped
- 3 cloves garlic, finely chopped
- 250g (8¾oz) chestnut mushrooms, finely chopped
- 5 sage leaves, roughly chopped
- 600g (1lb 5oz) mixed pecans, cashews and hazelnuts
- 150g (5¼oz) Gruyère cheese, grated
- 3 eggs
- 150g (5¼oz) dried cranberries
- Salt and pepper
- A little butter, to grease
- 125g (4½oz) frozen cranberries, thawed
- 3 bay leaves, to decorate

KCAL	FAT	SATURATES	CARBS
570	42g	8g	33g
SUGAR	**FIBRE**	**PROTEIN**	**SALT**
16g	6g	25g	0.6g

*PER SERVING

CHEF'S TIP

Don't be tempted to chop the nuts before roasting, as it's really easy to burn them when the pieces are so small.

Recipe from lakeland.co.uk



HOW TO MAKE

1 Preheat the oven to 200°C/400°F/Gas Mark 6.

2 Heat the oil in a frying pan and fry the leeks, rosemary and thyme for a few minutes until softened. Add the garlic and cook for 1 minute. Add the mushrooms and sage, cook for 2 minutes then remove from the heat; transfer to a large bowl and leave to cool.

3 Place the nuts on a baking tray and toast in the oven for about 8 minutes. Leave to cool, then chop finely before adding to the leek mixture. Add the Gruyère, eggs and dried cranberries, season and mix well.

4 Grease a 32oz (2lb) loaf tin with butter and line with baking parchment. Transfer the mix to the tin and cook for 50-55 minutes. The nut roast should feel firm, and a skewer inserted into the middle should come out clean. Cook the loaf for a further 10-15 minutes if required.

5 Cool in the tin for 5 minutes before turning out and removing the baking parchment. Decorate with the thawed cranberries and the bay leaves and serve immediately.







Liven up your cheese board with this festive favourite! **Christmas Chutney from mrsbridges.co.uk, £1.95**



Serve a stack of pancakes on Christmas morning, with a scattering of berries and a drizzle of honey. **Genius Pancakes, from all good supermarkets, £2**



A delicious pud that everyone can enjoy. **Burtree Gluten Free Christmas Pudding, available from gluten-freeshop.co.uk and selected stockists, £4.79**

BEST BUYS

Christmas essentials

From party snacks and puddings to roast dinner trimmings, there's a whole host of delicious gluten-free goodies to try this Christmas…



Treat yourself to these gluten-, wheat- and dairy-free festive favourites! **Sainsbury's Free From Mini Chocolate Logs, £2.50 and Panettone Style Loaf Cake, £2**



Flavoursome beef gravy with a hint of thyme. **Kallø Organic Beef Gravy, available at Asda, Waitrose, Ocado and Sainsbury's, £1**



Perfect for pigs in blankets! **Debbie & Andrew's Sausages, available from Sainsbury's and Ocado, £2.50**





Melt-in-the-mouth mince pies with gluten-free pastry and miniature fruity favourites. **Love Life Free From Gluten Mince Pies and Christmas Cake Bites, from Waitrose, £2.50 each**



Perfect gluten-free Yorkshires! **Isabel's Gluten Free Yorkshire Pudding Mix, from isabelsfreefrom.co.uk, £2**



Complete your Christmas shindig with these light and crispy party snacks! **Mrs Crimble's Delicious Gluten Free Cheese Straws, available from Asda and Waitrose, £1.99**



Traditional Italian panettone with chocolate chips. **Italian Chocolate Panettone, from coori.co.uk, £9.50**

Jolly gingerbread men make a lovely stocking filler. **Lovemore Free From Gingerbread Men, available from Ocado, £1.45**



This vegan, gluten- and dairy-free stocking filler will delight children and grown-ups alike. **Mini Moos Organic Santa Bar, from moorfreechocolates.com £1.09 each**





A gourmet sauce mix to spruce up your roast dinner. **Drop Bread Gorgeous Bread Sauce Mix, gordonrhodes.co.uk, £2.99**



A scrumptiously festive new flavour from Nákd, **available from Ocado and selected stockists, 75p**

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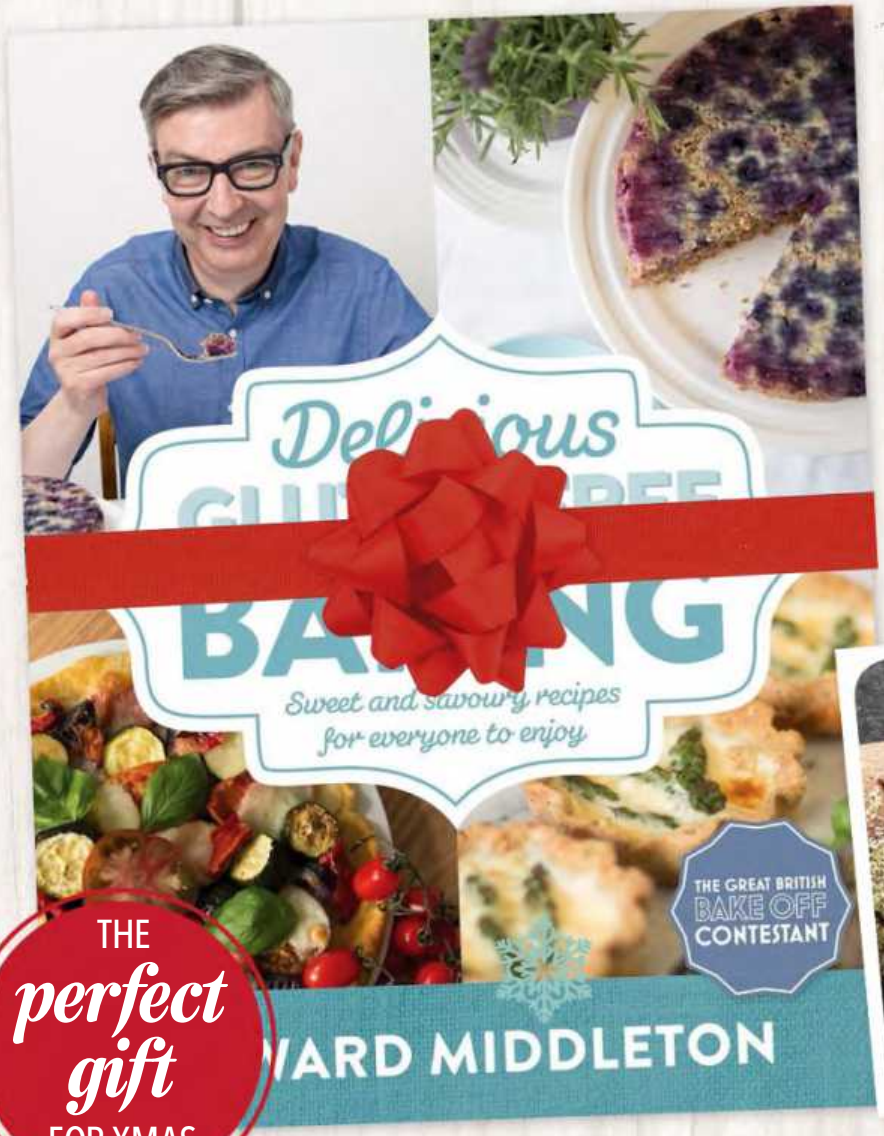
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1 Try...
The No.G gluten-free range is made by Riverside Bakery, who make pastry for some of the UK's largest brands. Their super-tasty soufflés, quiches and tarts are available at Sainsbury's and Ocado, so make them part of your festive feast this year! Visit **toogoodtobegluten free.com** for more info.



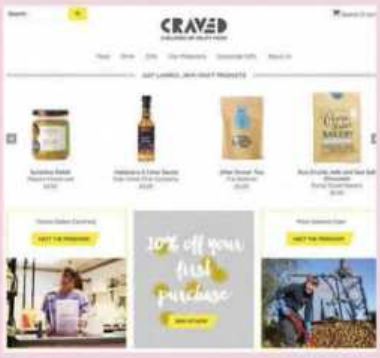
5 things to do... THIS XMAS

Savour the flavour of perfect pastry, Paleo treats, and a special delivery of iced and spiced biscuits...



2 Cook with...
Fresh beetroot is a versatile veg – perfect with melting goat's cheese and salad as a fancy festive starter, and also an ideal dairy substitute in cakes, during your January health kick. You can even boil the leaves and eat them like spinach!

3 Log on to...
From a love of small batch production comes Craved, a company that aims to celebrate British craft food and drink. The team are experts at unearthing unusual, unexpected and distinctive flavours from independent craft producers that are unavailable on the high street, and they sell over 120 products from 40 producers in London, as well as casting their net further across the UK. Their website is guaranteed to give you serious cravings for Cured Duck in Sloe Gin from the London Charcutier, Salted Caramel Sauce from Paul A Young Fine Chocolates, and Blackberry and Lavender Cordial from The Urban Cordial Company – you have been warned! Visit **cravedlondon.com**





4 Visit...
Roost, the exciting new Paleo café in Bagshot, Surrey, may have only opened its doors in September, but it's already building up a huge fan base. Serving carefully sourced food, locally roasted organic coffee and freshly prepared cakes, snacks and nibbles, this pantry-style eatery is an oasis of calm for coeliacs, grain- and dairy-shunning foodies, health-conscious folk, and those with autoimmune conditions. Find out more at **primalroost.com**

5 Treat yourself...
Good news – The Biscuiteers have now devised a gluten-free biscuit that's just as tasty as the original, so add them to your Christmas wish list now! We love this Iced Christmas Biscuit Tin, filled with pretty biccies flavoured with festive allspice. It costs £39.50 from **biscuiteers.com**



A PERFECT ENDING

SAVE ROOM FOR A SLICE OF CHOCOLATE & HAZELNUT TART

P34 »

Divine desserts

Finish a special meal with an indulgent dessert, from chocolate Christmas pud to ginger and pecan pudding



Image © StockFood / Zouev, Tanya



Black Forest Pavlova

Layered with cherries, chocolate, nuts and cream, this meringue tower is full of wonderful textures as well as flavours, and the result is a mouthful of pure joy!

SKILL LEVEL: **SERVES 6** **PREPARATION:** 50 minutes **COOKING:** 1 hour 40 minutes

YOU WILL NEED

FOR THE MERINGUE
- 8 egg whites
- 450g (16oz) caster (superfine) sugar
- 1 tsp vanilla extract
- 2 tbsp cocoa powder
- 25g (1oz) dark chocolate (70% cocoa solids), grated

FOR THE TOPPING
- 450ml (16fl oz) cream, 48% fat
- 680g (1lb 8oz) canned morello cherries in syrup
- 60g (2oz) chopped walnuts
- Dark chocolate curls and shavings

KCAL	FAT	SATURATES	CARBS
675	15g	6g	102g
SUGAR	FIBRE	PROTEIN	SALT
97g	3g	38g	1.4g

*PER SERVING

CHEF'S TIP

Make sure there is no trace of yolk in your whites after separating, and bring the whites to room temperature before whisking. A metal or glass mixing bowl is best – avoid plastic bowls which can hold grease and prevent your egg whites from reaching their maximum volume.

Black Forest Pavlova (meringue layer cake) recipe © StockFood UK



HOW TO MAKE

1 Heat oven to 180°C/160°C fan/ 350°F/Gas Mark 4. Line 2 baking trays with non-stick baking paper.

2 Whisk the egg whites with an electric whisk on high speed until stiff. Gradually whisk in the sugar in a thin stream, and continue to whisk at low speed until all the sugar has been fully mixed in. Whisk in the vanilla.

3 Sift the cocoa powder into the meringue and add the grated chocolate. Fold through carefully, ensuring you leave streaks of cocoa and chocolate.

4 Using a large spoon, palette knife or piping bag, spoon half of the meringue mixture onto 1 baking tray, making a large round shape. Repeat with the other half of the meringue to make another round shape of the same size on the second baking tray.

5 Place the baking trays in the oven and immediately reduce the oven temperature to 150°C/130°C fan/275°F/Gas Mark 2. Bake for 1-1½ hours until dry and firm. Cool completely in the switched-off oven with the door slightly open.

6 For the topping, drain the cherries and reserve the syrup. Pour the cherry syrup into a pan and bring to a simmer. Cook for 5-10 minutes until reduced. Set aside to cool.

7 Whisk the cream until thick. Place one meringue round on a serving plate and spread with half the cream. Place half the cherries on the cream and sprinkle with half the chopped walnuts. Place the second meringue layer on top. Spread with the remaining cream.

8 Arrange the remaining cherries on top and sprinkle with the remaining walnuts. Decorate with chocolate curls and shavings. Drizzle the cherry syrup over the entire Pavlova.



Photography by Doves Farm

YOU WILL NEED

- 125g (4½oz) glacé cherries
- 100g (3½oz) raisins
- 100g (3½oz) dates
- 25g (¾oz) currants
- 5 tbsp oil
- 6 tbsp water
- 1 tbsp black treacle
- 50g (1¾oz) plain chocolate
- 100g (3½oz) Doves Farm Brown Bread Flour Free From Gluten
- 1 tbsp cocoa powder
- 1 tsp mixed spice

KCAL	FAT	SATURATES	CARBS
297	3g	3g	50g
SUGAR	**FIBRE**	**PROTEIN**	**SALT**
30g	3g	2g	0.02g

*PER SERVING

Chocolate Christmas pudding

This wonderfully rich pudding is a chocoholic's dream that will make your Christmas dinner go down in history

SKILL LEVEL: **SERVES 8** **PREPARATION:** 15 minutes plus soaking **COOKING:** 5 hours

HOW TO MAKE

1 Chop cherries and dates, then mix with the raisins and currants, oil, water and treacle. Leave to soak overnight if possible.

2 Grate plain chocolate into a bowl. Mix in flour, cocoa and mixed spice. Stir in fruit mixture.

3 Grease the sides of a 1 litre (2 pint) pudding basin, press in the mixture and cover the top with two circles of parchment paper. Fold a piece of foil over the basin and tie it in place with string around the rim.

4 Place the pudding in a saucepan, half fill with boiling water, cover and simmer gently for 4 hours. Check regularly, adding extra boiling water to maintain the water level.

5 Remove the pudding from the pan and leave to cool, unwrapped, before storing until required.

6 To serve, simmer the pudding for a further hour, then turn out onto a plate.

Recipe courtesy of Doves Farm, dovesfarm.co.uk

CHEF'S TIP

If you don't have any mixed spice in your cupboard, you probably don't need to buy it specially – just mix 1 tbsp ground allspice, 1 tbsp ground cinnamon, 1 tbsp ground nutmeg, 2 tsp ground mace, 1 tsp ground cloves, 1 tsp ground coriander and 1 tsp ground ginger to make your own!

YOU WILL NEED

FOR THE GLUTEN-FREE SPONGE

- 175g (6oz) unsalted butter, softened, plus extra for greasing
- 175g (6oz) caster sugar
- 3 eggs
- 175g (6oz) gluten-free self-raising flour
- 3 tbsp milk
- 1 tsp vanilla extract
- 2 x 20cm (8in) round cake tins

FOR THE TRIFLE

- 200g (7oz) white chocolate, broken into even-sized pieces, plus extra for decoration
- 175g (6oz) gluten-free sponge (above), crumbled
- Juice of 1-2 oranges
- 2 tbsp cassis (optional)
- 300ml (10fl oz) double cream, lightly whipped, or mascarpone cheese
- 300g (10oz) raspberries
- 50g (1¾oz) flaked almonds, lightly toasted

KCAL	FAT	SATURATES	CARBS
687	47g	26g	60g
SUGAR	**FIBRE**	**PROTEIN**	**SALT**
42g	4g	8g	0.2g

*PER SERVING



Photography by William Shaw

Raspberry and white chocolate trifle

A drizzle of cassis liqueur and white chocolate transforms the humble trifle into an indulgent, special-occasion dessert

SKILL LEVEL: **SERVES 6** **PREPARATION:** 35 minutes plus cooling **COOKING:** 30 minutes

HOW TO MAKE

1 Preheat the oven to 180°C/350°F/Gas Mark 4.

2 Lightly grease the tins and line the bases with baking parchment.

3 Cream together the butter and sugar with an electric whisk until the mixture is pale, light, and fluffy. Add the eggs one at a time, beating well between additions, until the mixture is fluffy. If required, add 1–2 tbsp flour with the last egg to stop the mixture from curdling.

4 Add the remaining flour, milk, and vanilla extract to the bowl. Mix with an electric whisk for 1 minute until incorporated and no trace of flour remains.

5 Divide the mixture equally between the tins. Spread the mixture out to the edges and use a spatula to even the tops. Bake in the preheated oven for 25–30 minutes. When ready, the sponges should look golden and spring back when touched; alternatively, a metal skewer inserted into the centre should come out clean. Leave to cool in the tins for 5 minutes.

6 To make the trifle: heat the chocolate in a heatproof bowl over a pan of barely simmering water. Stir occasionally until melted. Remove the bowl from the pan and leave to cool slightly.

7 Place the crumbled sponge in the base of a glass serving dish. Pour over just enough orange juice to wet the sponge, then add half the cassis (if using). Leave the sponge to absorb the juice.

8 Mix the melted chocolate with half the whipped cream or mascarpone and stir well to combine. Mix the remaining cassis with the raspberries. Reserve some raspberries for decoration.

9 Spoon half the cream mixture into the dish and top with half the raspberry mixture. Repeat the layers to use the remaining cream and raspberry mixture. Top with the leftover cream and dot with the reserved raspberries, then sprinkle over the almonds and grated white chocolate. Chill before serving.



Recipe taken from *The Gluten-Free Cookbook* (DK, £12.99, dk.com)

Chocolate and chestnut tart

Topped with marrons glacés, this stylish dessert is made with chestnut flour, a staple ingredient in Italian baking

SKILL LEVEL: **SERVES 8**

PREPARATION: 30 minutes plus 1 hour chilling **COOKING:** 50 minutes

YOU WILL NEED

- 23cm (9in) round tart pan with a removable base

FOR THE CHOCOLATE CHESTNUT SHORTCRUST PASTRY

- 100g (3½oz) icing sugar
- 100g (3½oz) Italian chestnut flour (farina di castagna)
- 100g (3½oz) rice flour
- 25g (¾oz) cocoa powder
- 125 g (4½oz) cold butter, cut into cubes
- 1 large egg yolk
- 1 tbsp cold milk
- Pinch of salt
- 1 egg white, beaten, for glazing

FOR THE CHESTNUT CRÈME PÂTISSIÈRE

- 335ml (11¼fl oz) milk
- 1 vanilla pod, split, with the seeds scraped out
- 1 whole egg
- 3 egg yolks
- 50g (1¾oz) caster sugar
- 35g (1¼oz) cornflour, sifted
- 250g (8¾oz) sweetened chestnut purée
- 3 tbsp dark rum
- 15g (½oz) butter, cut into small cubes

FOR THE GANACHE

- 100g (3½oz) dark chocolate (60- 70% cocoa solids), chopped
- 100ml (3¼fl oz) double cream

TO DECORATE

- 6-8 marrons glacés

KCAL	FAT	SATURATES	CARBS
536	29g	17g	59g
SUGAR	**FIBRE**	**PROTEIN**	**SALT**
32g	5g	8g	0.1g

*PER SERVING



Recipe from *Deliciously Chocolatey* by Victoria Glass (Ryland Peters & Small, £16.99)

1 To make the pastry, blitz the icing sugar, flours and cocoa in a food processor until well mixed. Add the butter and pulse until the mixture resembles fine breadcrumbs. Add the egg yolk, milk, salt and vanilla and pulse again until just combined. Wrap in cling film and chill in the fridge for an hour.

2 Roll out the pastry between cling film to a thickness of about 3mm (⅛in). Remove the top layer of cling film and transfer to the prepared tart pan. Gently push the pastry into place with your thumbs. Slice off any overhanging pastry and carefully peel off the cling film. Prick the base with a fork and chill in the fridge until firm.

3 Preheat the oven to 180°C/350°F/Gas Mark 4.

4 Line the pastry with baking parchment and cover with baking beans. Bake for 20 minutes, then carefully remove the baking beans and baking parchment, and brush the pastry with the beaten egg white. Return the pastry case to the oven for 5-10 minutes, until dry to the touch, then remove and leave to cool on a wire rack.

5 To make the chestnut crème pâtissière, put the milk and vanilla in a pan set over a gentle heat and simmer gently for 5 minutes. Put the egg, egg yolks, sugar and cornflour in a heatproof bowl and whisk together. Once the milk just comes to the boil, pour it over the eggs through a fine mesh sieve and whisk together.

6 Return the mixture to the pan and stir over the heat for 1-2 minutes. Increase the heat and stir until the mixture has thickened. Take the pan off the heat and add the chestnut purée, rum and butter, and whisk vigorously until it has melted. Transfer to a jug and cover in cling film to prevent a skin forming. Once cool, spread the crème pâtissière evenly in the pastry case and chill in the fridge.

7 To make the ganache, place the chocolate and cream in a heatproof bowl, set over a pan of barely simmering water. Stir with a rubber spatula every now and then, until the chocolate is melted and you have a smooth, glossy ganache. Leave to cool slightly before spreading the ganache evenly over the top of the chestnut crème pâtissière. Leave to set.

8 Finely chop the marrons glacés and carefully sprinkle them over the top of the tart before serving.

CHEF'S TIP

While it's perfect in this recipe, chestnut flour has quite a distinct flavour, so if you want to play this down a little you could use it combined with other grain-free flours, like almond or coconut.



Photography by Dan Jones



Ginger and pecan puddings with star anise ice cream

Ideal for gluten-free and vegan guests, these spiced puds are a perfect alternative to traditional Christmas pudding. Serve with a generous scoop of ice cream!

SKILL LEVEL: **SERVES 4** **PREPARATION:** 20 minutes plus churning time **COOKING:** 1–1¼ hours

HOW TO MAKE

1 Lightly grease the pudding basins with rapeseed oil, then add 1 tablespoon of the stem ginger syrup from the jar into the base of each.

2 Mix the flaxseed with 3 tablespoons of water. Mix the 60ml oil with the palmyra jaggery in a bowl, add the flaxseed mix and combine. Incorporate the flours, baking powder, nutmeg, ground ginger, and 80ml of water, mixing together until smooth. Chop the stem ginger into small pieces and add into the mix with the pecans and cacao nibs. Stir to mix thoroughly.

3 Spoon the mixture into the bowls (they should be about three-quarters full). Cover with plastic lids if you have them or parchment paper, pleated across the centre, with a layer of foil over the top secured with string or an elastic band.

4 Place the covered bowls in two large pans and add water to reach halfway up the bowls. Cover with tightly fitting lids, bring the water to the boil, then reduce the heat to simmering point and steam the puddings for 1–1¼ hours.

5 Meanwhile, make the ice cream by mixing all the ingredients in a bowl, then transfer to an ice cream maker and churn for 40 minutes. Serve with the puddings and store the remaining ice cream in a sealed container in the freezer.

YOU WILL NEED

FOR THE PUDDINGS

- 60ml (2fl oz) rapeseed oil, plus extra for greasing
- 4 tbsp ginger syrup (from a jar of stem ginger)
- 1 tbsp ground golden flaxseed
- 45g (1½oz) palmyra jaggery/ SugaVida™
- 80g (2¾oz) brown rice flour
- 1½ tsp tapioca flour
- 1½ tsp baking powder
- ¼ tsp ground nutmeg
- 1 tsp ground ginger
- 80ml (2¾fl oz) water
- 4 pieces of stem ginger
- 40g (1½oz) pecan halves, plus 4 for the top
- 30g (1oz) raw cacao nibs
- 4 x 150ml (⅔ cup) pudding bowls

FOR THE ICE CREAM

- 400g (14oz) can of coconut milk
- 300ml (10fl oz) unsweetened plant-based milk
- 70g (2½oz) lacuma powder
- 75ml (2½fl oz) rice syrup
- 1 tbsp ground star anise
- Ice cream maker

KCAL	FAT	SATURATES	CARBS
859	52g	24g	88g
SUGAR	**FIBRE**	**PROTEIN**	**SALT**
36g	5g	8g	1.2g

*PER SERVING



Recipe taken from *The Chakra Kitchen* by Sarah Wilkinson (CICO Books, £14.99)

Photography by Adrian Lawrence

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The ultimate CHRISTMAS SURVIVAL GUIDE



Want to follow a gluten-free diet and still enjoy the festive season? We've put together 10 top tips to help you celebrate in style!

1 BE THE HOST

It's the best way to make sure everything you eat is free from gluten and cross contamination. And, if you have friends or family who think gluten-free (GF) means compromising on taste, you can prove them wrong! For a stress-free Christmas dinner, avoid cooking two versions and just serve a GF dinner to everyone. This issue is packed with recipes that the whole family will love, including a chocolate log (p64), mince pies (p69) and a chocolate Christmas pudding (p32). If you're heading elsewhere for Christmas dinner, then we suggest you...

2 ASK IN ADVANCE

Politely check with your host what they're cooking and remind them that you can't eat gluten. You can suggest recipes that you can eat and see if you can help by taking a dish along, too. If you're staying over take your own cereal and snacks, as people may not consider stocking up on these, and if you have more than one intolerance or allergy, gently remind your host of this, too. "My father-in-law always buys a GF Christmas pudding, which is really thoughtful of him, but he forgets to check if it's nut-free as well," says reader Rachel Barnett-Jones. "My husband always ends up having to eat it, not that he complains!"



Gluten-free treats from supermarkets sell out fast at Christmas!

3 DON'T MISS OUT

Now that a gluten-free diet is much more widely catered for, there's no need for you to skip those traditional Christmas foods you've always enjoyed at this time of year. Whether it's mince pies, Christmas pudding, cake, stuffing or Yule log, there's a tasty gluten-free version out there. And this leads us to our next tip...

4 BE PREPARED

Gluten-free treats from supermarkets tend to sell out, so get in there quickly. Sainsbury's has an excellent range of GF products this year, from the usual suspects of Christmas pud and mince pies to treats that are harder to find, like panettone and stollen. Stock up now!

5 BUDGET WISELY

It's easy to get carried away at Christmas and spend more than you intended to. To alleviate any money issues, create a budget and stick to it! Presents don't have to be shop bought – handmade gifts make excellent alternatives, whether the recipient is gluten free or not! Find inspirational ideas from p77, including chocolate fudge and pistachio nougat. Start your food shopping in advance to spread the cost – if you add a couple of things to your weekly shop now, such as a box of chocolates or a bottle of wine, you can stock up your larder and avoid having to do one massive (and expensive) shop just before the big day.

6 CREATE CALMNESS

It can be hard not to, but trying to do too much for the festive season can cause stress and aggravate any health conditions you may have. Our advice is not to take on too much, and remember that a few simple things, such as ordering presents online and booking a supermarket shop to be delivered on Christmas Eve, can make life much easier.

IMAGES: © iStock





Always make sure your host knows you're gluten free

IMAGE: © Chris Terry



Cranberries have antibacterial properties

7 BEAT THE BUGS

The weather is cold and we're running here, there and everywhere, which often has the end result of getting ill – luckily, nutritionist Lucy-Ann Prideaux has some ideas to help you overcome any lurgies. "A lot of traditional Christmas foods are ideal for helping you to stay healthy," she says. "Blackberries and other winter berries are high in vitamin C and antioxidants to help support the immune system and keep colds and infections at bay.

"The same goes for citrus fruits like satsumas – they're not just good for Christmas stockings! And as you make sauce for the turkey, know you're benefitting your body with the cranberries as they have antibacterial properties."

Lucy-Ann recommends snacking on walnuts – great for keeping up energy levels – and starting your day with lemon tea with grated ginger and a teaspoon of honey to aid digestion.

8 PREPARE FOR PARTIES

Christmas events can be a bit of a minefield, as unless food is labeled it's hard to keep asking your host whether this and that canapé is GF. Have a snack or meal before you go so you don't go hungry and are tempted to eat something you shouldn't. This will also stop you getting too tipsy! You can also bring your own nibbles with you. This year, Waitrose is doing Free From Christmas Cake Bites, which would be ideal for popping in your party handbag!

9 STAY FOCUSED

It can be hard to resist Christmas delicacies, but don't cheat. If you're coeliac this won't enter your head, but if you're gluten intolerant we know how easy it is to think "go on, I'll have just the one!" Your taste buds may like it but your tummy won't thank you.

10 SEE THE BIGGER PICTURE

And finally, try not to get bogged down with the things you can and can't eat over the festive season. Christmas is, first and foremost, about spending quality time with family and cherishing your loved ones who mean the most. And that definitely doesn't involve restricted foods! Merry Christmas everyone!

taste test

STUFFING MIXES

This issue, you put a Christmas dinner staple to the test

Our panel



Carol Hellstrom, Porth, South Wales
Coeliac



Joe Woodhouse, Brighton
Gluten intolerant



Annette Wright, Scarborough
Dairy free by choice

JOIN OUR PANEL!

If you'd like to test products, email **editor@eating-and-living-glutenfree.co.uk**

Gordon Rhodes Gluten Free Gourmet Sage & Onion Stuffing Mix, £2.49 (125g)

Our testers crowned this gourmet stuffing the winner. The product's natural flavours shone through with a lovely smell of sage and nice chunks of onion. The panel also found it easy to prepare when placed in a baking dish.

Star rating: ★★★★★



Mrs Crimble's Sage & Onion Stuffing Mix, £1.99 (170g)

The most subtle flavouring of the stuffings tested, the Mrs Crimble's mix tasted natural and had a lovely smooth consistency. Our readers felt the two tablespoons of added oil might not have been needed but believed the product presented great value for money.

Star rating: ★★★★

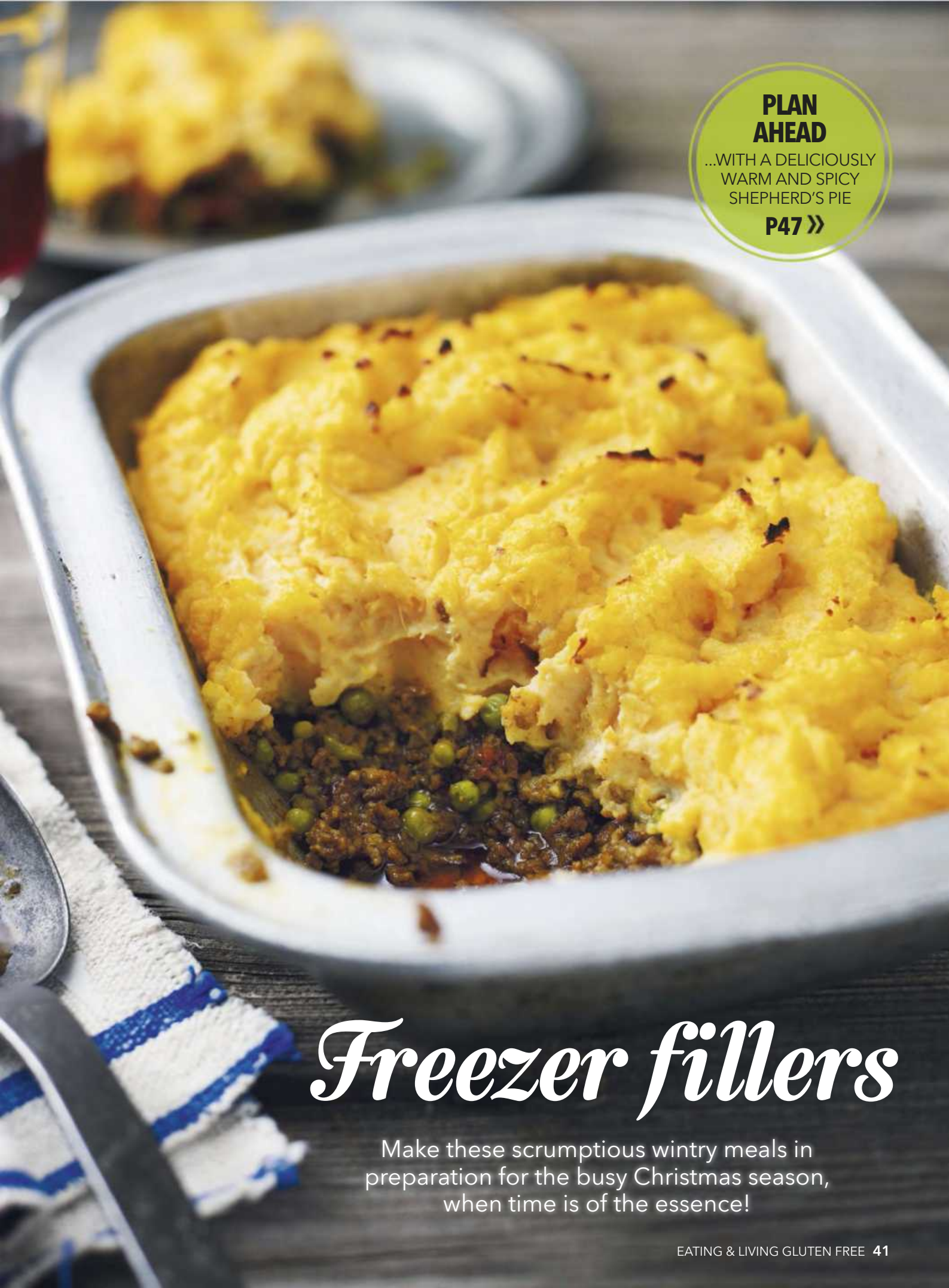




Feel Free Sage & Onion Stuffing, £2.09 (125g)

The strong herby flavour perfectly complemented a roast chicken dinner. Our trio of testers enjoyed the Feel Free stuffing's texture and found it easy to mix together. They felt the packaging let down the product but it would not prevent them from buying it again.

Star rating: ★★★★



PLAN AHEAD

...WITH A DELICIOUSLY WARM AND SPICY SHEPHERD'S PIE

P47 »

Freezer fillers

Make these scrumptious wintry meals in preparation for the busy Christmas season, when time is of the essence!

Salmon coulibiac

This Russian-inspired fish pie is a prepare-ahead dinner party winner – serve alongside fresh, buttered greens and a glass of something light and fizzy

SKILL LEVEL: **SERVES 4** **PREPARATION:** 30 minutes **COOKING:** 35 minutes

YOU WILL NEED

FOR THE CHICKPEA PASTRY
- 150g (5¼oz) gluten-free plain flour
- 150g (5¼oz) chickpea flour
- 150g (5¼oz) butter
- 1½ tsp xanthan gum
- ½ tsp salt
- 90ml (3fl oz) cold water

FOR THE FILLING
- ½ mug wild rice
- 2 tbsp oil
- 3 salmon steaks
- 1 onion, chopped
- 4 mushrooms, chopped
- 2 tbsp freshly chopped parsley
- 2 eggs, beaten
- Beaten egg for brushing

KCAL	FAT	SATURATES	CARBS
982	62g	26g	60g
SUGAR	**FIBRE**	**PROTEIN**	**SALT**
6g	6g	45g	1.1g

*PER SERVING



Recipe taken from *Nosh Gluten-Free Baking* by Joy May. For more recipes, visit noshbooks.com



HOW TO MAKE

1 Preheat the oven to 180°C fan/200°C/390°F/Gas Mark 6.

2 Cook the wild rice in 2 mugs of boiling water for 25 minutes.

3 Heat the oil in a large frying pan. Cook the salmon for 2–3 minutes each side until it is just cooked. Place in a large bowl and flake. Add to the cooked rice. Season well with salt and pepper.

4 Fry the onions and mushrooms until they are lightly browned. Add them to the salmon, along with the parsley and the 2 eggs. Leave to cool while you make the pastry.

5 To make the pastry, put the dry ingredients and butter in the food processor. Blitz until you have something resembling breadcrumbs. Add the wet ingredients and pulse until you have a soft dough.

6 Turn the pastry out onto a floured sheet of cling film and roll into an oblong shape until it is 5mm (¼in) thick.

7 Place filling on one side of oblong. Wet edges of the pastry. Use the cling film to help fold other half of the pastry over the filling. Trim the edges, being careful not to cut through the cling film, and pinch edges together.

8 Transfer the pie to a large baking tray. Use the offcuts of pastry to make a fish shape for the top of the pie, making sure pastry is not too thick. Brush pie all over with beaten egg. Bake in the oven for 35 minutes. Leave to cool then freeze.

CHEF'S TIP

If you prefer, cut out small pastry shapes for the top of the pie – stars and holly leaves will look suitably festive!



YOU WILL NEED

- 8 large leeks
- 2 tsp olive oil
- 400g (13oz) pancetta or chopped bacon
- 250g (8oz) ricotta cheese
- 2 x 400g (13oz) cans chopped tomatoes
- 2 x 250g (8oz) balls buffalo mozzarella cheese, torn into chunks
- 2 tsp dried oregano
- Sea salt

KCAL	FAT	SATURATES	CARBS
718	55g	24g	24g
SUGAR	**FIBRE**	**PROTEIN**	**SALT**
8g	3g	33g	3g

*PER SERVING



Photography © Haarala Hamilton

Leek and pancetta cannelloni

Push the centres out of large leeks and you'll end up with thin tubes that are a nutritious substitute for cannelloni pasta! Fill them with pancetta and ricotta for a warming, Italian-inspired bake!

SKILL LEVEL: **SERVES 4-6**
PREPARATION: 30 minutes
COOKING: 45-50 minutes

HOW TO MAKE

1 Preheat the oven to 180°C/350°F/Gas Mark 4.

2 Trim the leeks and remove the outer layer. Rinse out as much grit as you can without cutting into the leeks. Fit the leeks into a stockpot or large pan, cover with boiling water and cook for 10 minutes until soft. Drain and rinse under cold running water until cool enough to handle, then push out the centres to form 8 tubes. Take the 4 fattest removed centres and push out the centres again to form 4 leek tubes. Set the 12 tubes to one side and put the cooked leek centres in a food processor.

3 Heat the oil in a frying pan, add the pancetta or bacon and cook for 4–5 minutes until well cooked, but not crispy. Add to the food processor with the ricotta. Pulse a few times until fully chopped but retaining some texture – you don't want a purée.

4 Scoop the mixture into a plastic food bag and cut off one of the corners, then pipe this into the leek tubes.

5 Place the filled leeks in a large ovenproof dish and top with the tomatoes. Half-fill 1 empty tomato can with water and add to the dish. Scatter over the mozzarella, followed by the dried oregano and a sprinkling of salt.

6 Bake for 35-40 minutes until heated all the way through and the mozzarella is golden brown, then serve. Leave to cool, then freeze if desired.

NUTRITIONAL NUGGET

Delicate in flavour and sweet, leeks are also an excellent source of vitamin K, manganese, vitamin B6, copper, iron, folate, and vitamin C, as well as vitamin A and omega-3 fatty acids.



Recipe taken from *Gloriously Gluten Free* by Susanna Booth, £20, Hamlyn



Photography by William Shaw

Creamy chicken crumble

This savoury take on the crumble is a rich, hearty dish the whole family will love. It's a great way to turn leftovers from your Sunday roast into a delicious new dish, too!

SKILL LEVEL: **SERVES 4** **PREPARATION:** 20 minutes **COOKING:** 45-60 minutes

YOU WILL NEED

- 2 large chicken breasts, skin on
- 1 tbsp olive oil
- Salt and freshly ground black pepper
- Steamed leeks, to serve

FOR THE CRUMBLE TOPPING

- 150g (5½oz) rice flour
- Pinch of salt
- 75g (2½oz) butter, cubed
- 3 tbsp grated Parmesan cheese
- 50g (1¾oz) Cheddar cheese, grated
- 1 tsp mustard seeds, crushed

FOR THE SAUCE

- 50g (1¾oz) butter
- 200g (7oz) baby button mushrooms, left whole
- 1 tbsp rice flour or cornflour
- 125ml (4fl oz) dry white wine or gluten-free chicken stock
- 150ml (5fl oz) milk
- 150ml (5fl oz) single cream
- 1 tbsp Dijon mustard
- A few tarragon leaves, chopped

KCAL	FAT	SATURATES	CARBS
919	66g	32g	57g
SUGAR	**FIBRE**	**PROTEIN**	**SALT**
6g	4g	28g	2.5g

*PER SERVING

HOW TO MAKE

1 For the crumble topping, place the rice flour and salt in a medium bowl. Add the butter and rub it in with your fingers until it resembles breadcrumbs. Stir through the cheeses and mustard seeds. Set aside.

2 For the sauce, melt the butter in a medium pan, add the mushrooms, and cook on a low-medium heat for 5 minutes until golden. Remove the pan, stir in the rice flour, add the wine, and stir again. Return it to the heat and cook for 2–3 minutes, stirring continuously. Add the milk and cream and bring to a gentle boil. Reduce to a simmer, stirring continuously to remove any lumps. As it thickens, stir in the mustard and tarragon leaves, and season as desired.

3 Preheat the oven to 200°C /400°F/Gas Mark 6. Place the chicken in a roasting tin, drizzle with the oil, and season. Roast in the oven for 25–35 minutes until golden and cooked through. Leave to cool slightly, remove the skin, and shred into chunky pieces.

4 Remove the pan and add the shredded chicken. Stir to coat, spoon into a shallow 1 litre (¼ pint) ovenproof dish, and top this with the crumble mixture.

5 Bake in the oven for 20–25 minutes until golden. Serve with steamed leeks. Leave to cool, then freeze



Recipe taken from *Gluten-Free Cookbook*, published by DK, £12.99, dk.com



Aubergine parmigiana

Quick and easy, this classic Italian bake is a great winter warmer and tastes even better the next day once the flavours have had time to mature! If there are any leftovers, use them as a side dish to accompany some meat or fish

SKILL LEVEL: **SERVES 4** **PREPARATION:** 10 minutes **COOKING:** 40-45 minutes

YOU WILL NEED
- 2 large aubergines, sliced
- 2 tbsp olive oil
- 150g (5oz) mozzarella cheese, roughly chopped
- 4 tbsp grated Parmesan cheese
- Salt and black pepper

FOR THE TOMATO SAUCE
- 1 tbsp olive oil
- 1 garlic clove, crushed
- 1 small onion, finely chopped
- 400g (13oz) can plum tomatoes
- Handful of basil, torn

TO SERVE
- Salad
- Crusty gluten-free bread

KCAL	FAT	SATURATES	CARBS
233	15g	4g	22g
SUGAR	**FIBRE**	**PROTEIN**	**SALT**
10g	11g	8g	0.5g

*PER SERVING

HOW TO MAKE

1 Preheat the oven to 200°C/400°F/Gas Mark 6.

2 To make the tomato sauce, heat the oil in a saucepan, add the garlic and onion and fry for 3–4 minutes until softened. Add the tomatoes and basil and bring to the boil, then reduce the heat and simmer for 15 minutes.

3 Meanwhile, brush the aubergine slices with oil on each side. Heat a griddle until hot and cook the aubergine slices for 1–2 minutes on each side until tender and browned.

4 Spoon a little tomato sauce into an ovenproof dish, layer over half the aubergines, scatter over half the mozzarella and Parmesan and season well. Repeat the layering with the remaining ingredients, finishing with the cheeses.

5 Bake in the pre-heated oven for 20–25 minutes until golden. Leave to cool before freezing.



Recipe taken from *Gluten-free Food for Kids: More than 100 quick and easy recipes for coeliac children* by Louise Blair (Hamlyn, £12.99, octopusbooks.co.uk)



YOU WILL NEED

- 2 sweet potatoes (about 500g/17½oz), peeled and diced
- 2 white potatoes (about 500g/17½oz), peeled and diced
- 2 tbsp essential Waitrose Half Fat Soured Cream
- 1 tbsp sunflower oil
- 1 onion, chopped
- 500g (1lb 2oz) essential Waitrose British Lamb Mince
- 1 tsp cumin seeds
- 2 tomatoes, roughly chopped
- 2 tbsp Madras or other hot curry paste
- 150ml (5fl oz) GF lamb or chicken stock
- 200g (7oz) frozen peas
- Juice of ½ lemon

KCAL	FAT	SATURATES	CARBS
381	15g	6g	42g
SUGAR	**FIBRE**	**PROTEIN**	**SALT**
8g	7g	21g	1g

*PER SERVING

Spiced shepherd's pie

Recipe courtesy of Waitrose. Find more recipes at waitrose.com

With its curry-flavour twist and two-potato topping, this shepherd's pie definitely has the edge over conventional recipes! A hearty family meal for those cold winter days

SKILL LEVEL: **SERVES 6** **PREPARATION:** 15 minutes **COOKING:** 45 minutes

HOW TO MAKE

1 Preheat the oven to 200°C/400°F/Gas Mark 6. Cook the potatoes in a pan of boiling water for 15 minutes, until tender. Drain well and mash with the soured cream.

2 Meanwhile, heat the oil in a large frying pan over a medium heat. Add the onion, mince and cumin seeds and cook for 5 minutes until golden.

3 Stir in the tomatoes and curry paste and cook for 5 minutes, until the tomatoes are pulpy. Add the stock and simmer for 10 minutes.

4 Stir in the peas and lemon juice and spoon into an ovenproof dish (medium oval or about 18x25cm/7x10in if rectangular).

5 Spoon over the mash, place dish on a baking sheet and bake for 20 minutes, until the top is lightly browned. Leave to cool before freezing.

CHEF'S TIP

The soured cream in the mash can be swapped for the traditional knob of butter and splash of milk, if you prefer.

IN NEXT ISSUE OF

Eating & Living

GLUTEN FREE



ON SALE 21st JAN

New year, new you!

- Top tips to keep your New Year's resolutions
- Deliciously Ella's healthy chocolate cake
- Simple midweek suppers
- Superfood smoothies and breakfast ideas





Contents subject to change

PLUS: TOP TIPS FROM EXPERTS, HEALTH NEWS, PRODUCT REVIEWS, COMPETITIONS AND MUCH, MUCH MORE

YOUR ULTIMATE

Christmas gift guide

From stocking fillers to under-the-tree treats, we've got your free-from festive shopping list all wrapped up. You're welcome!



For couples

Cheese feasts, tantalising tipples and smaller surprises for the merriest of Christmas mornings



M&S Gluten Free Hamper, from Marks & Spencer, £35



Le Creuset Camembert Baker in Cerise, available from Debenhams, £29



Kilner Drinks Bottle Set, available from Lakeland, £12.96



Personalised Gin set, £16.95, from prezzybox.com



The No Gluten Recipe Gift Box, from Hotel Chocolat, £35



Wild Thing Organic Prosecco, vintageroots.co.uk, £9.75



Gluten Free Cooking and Baking Class (9th January 2015), £175, cookeryschool.co.uk



Coori Christmas Hamper, coori.co.uk, £60



Set of Four Mixed Metallic Champagne Glasses, oliverbonas.com, £29



Alessi Squirrel Nut Cracker, available from Selfridges, £69

For keen cooks

Wrap these goodies and pile them up under the Christmas tree – they're guaranteed to bring plenty of festive cheer



Vintage Magnetic Kitchen Timer, dotcomgiftshop.com, £14.95



Chalkboard Labels, in-spaces.com, £5.99



Charles Viancin Winterberry Lid, available from Amazon, £10.85



Fantaisie Cookery Book Stand, boutiqueprovencale.co.uk, £29.95



Winter Woodland set of 2 storage tins, kitchencraft.co.uk, £19.99



Homespun Double Oven Mit, available from Homebase, £4.99



Vintage Apple Flour Shaker, dotcomgiftshop.com, £5.95



Zero Gluten Baker, zeroglutenbaker.co.uk, £199.99



Smeg Stand Mixer in red, available from John Lewis, £349.95



Plamil Organic Mint Dairy Free Chocolate, from Holland & Barrett, £2.69



Fine Foods Spiced Fudge Festival Bauble, available from Crabtree & Evelyn, £7



Sweet Reason Christmas Brownie Bites Gluten Free, thesweetreason company.co.uk, £22



Booja-Booja The Artist's Collection Hazelnut and Champagne Chocolate Truffles, available from chocolatetradingco.com, £24.95

For food lovers

Stock up on these luxury sweet treats for everyone on your 'nice' list, including yourself, of course!



Eating & Living Gluten Free magazine gift subscription, £29.99, turn to p26 for details



Sponge Cake Christmas Cracker set, from Honeybuns, £14.50



Salted Caramel Peanut Marshmallows, swankymaison.com, £6.95



Snacky Gluten Free Snack Box, snackly.co.uk, from £2.49 + P&P



Acacia Honey with White Truffle, from John Lewis, £5.50

For kids

Baking, making, playing, eating – there's plenty of fun to be had for your little food fans this Christmas...



Christmas Turkey Apron, available from Paperchase, £12



Farm Store Playhouse, dotcomgiftshop.com, £12.95



Cupcake Kits – Brave Knights and Animal Parade, pipii.co.uk, £9.75 each



Red Rudolf Mince Pie Flags, pipii.co.uk, £2.49



Angelic Gluten Free Christmas Pudding Biscuits, from Amazon and independent stockists, £4.10



Mason Cash Fairy Kids Baking Set in pink, available from John Lewis, £20



Kallø Belgian Milk Chocolate Corn Cakes, available from Asda and Waitrose, £1.59



Gingerbread House Making Kit including cookie cutters, templates and easy cutting knives, prezzybox.com, £12.99



Christmas Bunting for Kids by Half Pint Home, notonthehighstreet.com, £15

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It's party time!

These festive tipples are guaranteed to get your New Year's Eve celebration or Christmas party off to a very merry start!



Ginger storm and Whisky twist recipes © Waitrose. Over 5,000 recipes can be found at waitrose.com/recipes

Mulled wine

The ultimate winter warmer, a steaming cup of mulled wine certainly makes a winter's evening with family and friends complete!

SKILL LEVEL: **SERVES 4-6** **COOKING:** 10 minutes



Recipe by lakeland.co.uk

YOU WILL NEED

- 750ml (25¼fl oz) bottle of red wine
- 60g (2oz) Demerara sugar
- 1 cinnamon stick
- A light grating of fresh nutmeg
- 2 star anise
- 1 orange, halved
- 60ml (2fl oz) sloe gin (optional)
- Star anise and sliced orange to garnish (optional)

KCAL	FAT	SATURATES	CARBS
221	0g	0g	27g
SUGAR	**FIBRE**	**PROTEIN**	**SALT**
24g	0g	0g	0.03g

*PER SERVING

HOW TO MAKE

1 Place the wine, sugar, spices and orange in a large saucepan.

2 Heat gently until the sugar has dissolved. Taste, and add a little more sugar if needed.

3 Remove from the heat and stir in the sloe gin, if required.

4 Using a small sieve or tea strainer, strain into heatproof glasses. Garnish with the star anise and orange, if required, and serve immediately.

Ginger storm and Whisky twist

Serve the fiery, fizzy Ginger storm cocktail with canapés as your guests arrive, then finish the meal with simply stylish Whisky twist short

SKILL LEVEL: **MAKES 1** **PREPARATION:** 1 minute

YOU WILL NEED

FOR THE GINGER STORM

- 2 tbsp Johnnie Walker Red Label Whisky
- Dash Angostura Bitters
- 200ml (6¾fl oz) Waitrose Fiery Ginger Beer

KCAL	FAT	SATURATES	CARBS
143	0g	0g	18g
SUGAR	**FIBRE**	**PROTEIN**	**SALT**
17g	0g	0g	0.04g

*PER SERVING

FOR THE WHISKY TWIST

- 3 ice cubes
- 2 tbsp Johnnie Walker Red Label Whisky
- 2 tbsp orange liqueur, such as Grand Marnier or Cointreau
- Twist of orange peel, to serve

KCAL	FAT	SATURATES	CARBS
160	0g	0g	7g
SUGAR	**FIBRE**	**PROTEIN**	**SALT**
7g	0g	0g	0g

*PER SERVING

HOW TO MAKE

FOR THE GINGER STORM

1 Pour the whisky into a Champagne flute and add a dash or two of Angostura Bitters.

2 Top up with ginger beer and serve.

FOR THE WHISKY TWIST

1 Place the ice in a small tumbler and pour over the whisky and orange liqueur.

2 Muddle together, then add a twist of orange peel and serve.





Recipe by lakeland.co.uk

Christmas punch

Sip this alcohol-free punch while unwrapping presents, or serve it with a glug of spiced rum or two at your Christmas party to give your guests a glow!

SKILL LEVEL: **SERVES 18**
PREPARATION: 5 minutes

YOU WILL NEED
- 2 oranges, sliced
- 2 limes, sliced
- 4 litres (135fl oz) cranberry juice
- 500ml (17fl oz) orange juice with bits
- 1 litre (34fl oz) cloudy lemonade
- Kilner® Drinks Dispenser
- Twist of orange peel, to serve

KCAL	FAT	SATURATES	CARBS
121	0.3g	0g	32g
SUGAR	**FIBRE**	**PROTEIN**	**SALT**
31g	0.9g	1.1g	0g

*PER SERVING

HOW TO MAKE

1 Add the sliced orange and lime to the drinks dispenser.

2 Pour in the remaining ingredients, adding a quantity of each in turn so they mix well. Add ice and chill until needed.

Sicilian sunset

Toast the arrival of 2016 in style, with a glass of this vibrant, citrussy cocktail made with sparkling wine and Campari

SKILL LEVEL: **SERVES 8** **PREPARATION:** 5 minutes

YOU WILL NEED
- 355ml bottle Sicilian Ruby Orange Galvanina
- 150ml Campari
- 2 small strawberries, hulled and sliced
- 1 bottle Waitrose Bright & Fruity Italian Sparkling Wine

KCAL	FAT	SATURATES	CARBS
97.5	0g	0g	9.5g
SUGAR	**FIBRE**	**PROTEIN**	**SALT**
2.6g	0.1g	0g	0g

*PER SERVING

HOW TO MAKE

1 Mix Sicilian Ruby Orange Galvanina and Campari together in a small jug.

2 Place a strawberry slice in each base of 8 flute glasses and pour in the mixture. Top with the sparkling wine and serve.

CHEF'S TIP

For a sharper twist on this cocktail, use freshly squeezed grapefruit juice (without the pulp) instead of orange.



Sicilian sunset recipe © Waitrose. Over 5,000 recipes can be found at waitrose.com/recipes



The original Munich Christmas Market comes alive at night

Merry markets

Get in the holiday spirit with a pre-Christmas shopping trip, complete with fabulous festive food and drink!

Wrapping up warm, twinkling lights, festive music – everyone loves a Christmas market, but it can be a minefield when you're trying to find something to eat or drink. So, we've rounded up some of the best markets, both at home and abroad, including some gluten-free highlights, plus useful tips and activities for the whole family to enjoy.

BATH CHRISTMAS MARKET

When: 26th November – 13th December
What's on offer: Bath is a well-known market, and a magical experience. The streets near the Abbey are transformed into a winter wonderland, with over 170 chalets stuffed full of festive fun. Enjoy pulled pork from the Great Stone Bakery, warming roasted chestnuts from Chou Chou Nuts Over You, and gluten-free brownies from Chatley. Also, the gluten- and wheat-free Christmas puddings from award-winning company, Boo.
Tip: If you're in need of some pre-Christmas pampering, head to Bath's famous Thermae Spa after your visit.
Find info at **bathchristmasmarket.co.uk**

BATH AND WEST WILTS GLUTEN-FREE FOOD CHRISTMAS FAIR

When: 21st November
What's on offer: Run by the Bath branch of Coeliac UK, this is their biggest Christmas Fair yet. There are plenty of seasonal gluten-free goodies on offer, from tasty pies to beer and Christmas puddings. Held at Bath Racecourse, there are over 30 exhibitors offering visitors the chance to taste, try and buy.
Tip: Don't miss out on the famous gluten-free fish and chip lunch.
Find out more at **coeliac.org.uk/local-groups/bath-west-wilts/**

MANCHESTER CHRISTMAS MARKET

When: 14th November – 21st December
What's on offer: Manchester's award-winning market is a must-see, spreading festive joy from the main Albert Square to several other locations in the city. There are over 300 decorated stalls and twinkly chalets offering gifts, crafts and a range of delicious food. Enjoy some glühwein and look out for a fabulous selection of gluten-free goodies from well-known cake shop End of the Rainbow, including cupcakes, brownies and chocolate lollipops.
Tip: This big market requires planning – download the map in advance.
Find out more at **manchestermarkets.com**

LUDLOW MEDIEVAL CHRISTMAS FAYRE

When: 28th – 29th November
What's on offer: Calling all history buffs and foodies! In the grand setting of Ludlow Castle, this medieval fayre combines festive food with crafts, historic goods and amazing entertainment – ranging from falconry to duelling knights! As expected, there are lots of traditional foodstuffs on offer, plus GF treats from Susan's Homemade Fudge and Lotty's Pure Indulgence Bar.

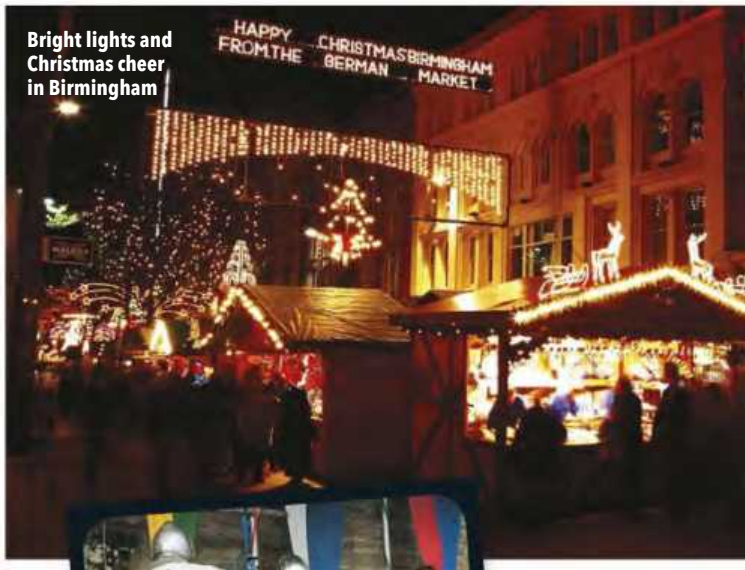
Words by Carey Taylor



You can't beat the hustle and bustle of Prague's Old Town Square



This magical market is situated next to Bath Abbey



Bright lights and Christmas cheer in Birmingham



Visit Ludlow for food, crafts and medieval entertainment!



Festive fare from Manchester Christmas Market

Tip: Check out the History tent for unusual workshops, like learning circus skills. Visit **ludlowmedievalchristmas.co.uk** for more information.

BIRMINGHAM'S FRANKFURT CHRISTMAS MARKET

When: 12th November – 22nd December
What's on offer: If you can't make it to Germany, then Birmingham's famous Frankfurt Christmas Market is the next best thing. Based in Victoria Square, it is a big part of the city's festivities and the market has over 180 stalls, selling lots of authentic German food and drink.
Tip: Nip over to the Craft Fair in the adjacent Chamberlain Square to pick up beautiful handmade gifts.
To plan you visit, log on to **birmingham.gov.uk/frankfurtmarket**

MUNICH

When: 27th November – 24th December
What's on offer: Munich is the mecca of Christmas markets and makes for a special festive experience. There are around 10 markets, including the famous Munich Christmas Market. But one to definitely look out for is Tollwood (24th November – 31st December) – an alternative market selling organic and vegan world foods, and hosting a range of speakers, from scientists to artists.
Tip: At the traditional markets, it goes without saying to have some glühwein, but also look for Bratkartoffeln – a dish of fried potatoes, onions and bacon.
For details, go to **muenchen.de/rathaus/home_en/Tourist-Office/Events/Christmas**

PRAGUE

When: 28th Nov – 1st January 2016
What's on offer: Stag parties pay their homage in the summer but in the winter, Prague is transformed into a Christmas paradise. There are more than six markets including one in the Old Town Square and the aptly named Wenceslas Square. We've narrowed it down, and the best food and drink to look for including tipples such as Svavrene vino, grog (rum, water and lemon) and medovina (honey wine), plus tempting roasted chestnuts, barbecued pork and corn on the cob.
Tip: Buy someone a traditional Czech gifts such as carved wooden toys and wares made by local blacksmiths.
Log on to **prague.eu/en/event/472/christmas-markets** for full details

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P73 »

Festive bakes

Whether you're cooking for your family or entertaining guests, these baked treats will make everyone feel merry and bright!

Chocolate and chestnut Bûche de Noel

Bring a little French flair to your Christmas table with a chestnut Yule log, complete with miniature meringue mushrooms

SKILL LEVEL: **SERVES 8-10**
PREPARATION: 1½ hours **COOKING:** 1 hour 40 minutes

YOU WILL NEED

FOR THE SPONGE
- 6 large eggs, separated
- A pinch of salt
- 175g (6oz) caster sugar
- 200g (7oz) dark chocolate (60–70% cocoa solids), melted and cooled slightly
- 40g (1½oz) chestnut flour
- Icing sugar, to dust

FOR THE MERINGUE MUSHROOMS
- 1 egg white
- A pinch of salt
- 50g (1¾oz) caster sugar
- 50g (1¾oz) dark chocolate (60-70% cocoa solids), melted and cooled

FOR THE GANACHE
- 300g (10½oz) dark chocolate, chopped
- 300ml (10fl oz) double cream

FOR THE CHESTNUT FILLING
- 250g (8¾oz) sweetened chestnut purée
- 100g (3½oz) soft butter
- 1 tsp vanilla paste
- 350g (12¼oz) icing sugar

SPECIAL EQUIPMENT
- A piping bag fitted with a plain nozzle
- 1-2 baking sheets lined with baking parchment or silicone paper
- 23x32cm (9x13in) Swiss roll pan lined with baking parchment

KCAL	FAT	SATURATES	CARBS
779g	45g	26g	90g
SUGAR	**FIBRE**	**PROTEIN**	**SALT**
70g	6g	7g	0.1g

*PER SERVING



Recipe from *Deliciously Chocolatey* by Victoria Glass (Ryland Peters & Small, £16.99)

HOW TO MAKE

1 Preheat the oven to 100°C/220°F/Gas Mark ¼.

2 First, make the meringue mushrooms. Whisk the egg white with the salt until stiff, before gradually adding the sugar, a little at a time, whisking between each addition. Spoon the mixture into the piping bag and pipe little rounds of about 5cm (2in) wide onto one of the prepared baking sheets. Next, pipe little upright peaks for the mushroom stalks. Bake in the preheated oven for 1 hour. Turn off the oven and leave to cool and dry out, preferably overnight. Once cool, paint the underside of each cap with melted chocolate, glue the stalks onto the caps with a little more melted chocolate. Leave to set.

3 Preheat the oven to 180°C/350°F/Gas Mark 4.

4 Whisk the egg whites and salt until stiff. In a separate bowl, whisk the yolks and caster sugar until pale, thick and creamy. Whisk the chocolate and chestnut flour into the sugar and yolks before vigorously beating in a couple of tablespoons of whisked egg whites to slacken the mixture. Gently fold in the remaining whites with a large metal spoon. Pour the batter into the prepared pan and bake in the preheated oven for about 20 minutes, or until an inserted skewer comes out clean. While still warm, upturn the cake onto a fresh piece of baking parchment with a clean kitchen cloth laid underneath. Peel off the baking parchment and carefully roll the cake up, using the kitchen cloth to help.

5 To make the ganache, heat the cream in a saucepan set over a gentle heat to just boiling point. Pour the hot cream over the chocolate in a heatproof bowl and mix with a spatula until smooth, thick and glossy. Leave to cool.

6 To make the chestnut filling, whisk the chestnut purée, butter and vanilla together before sifting in half of the icing sugar. Once combined, sift in the remaining icing sugar and whisk until light and fluffy.

7 Unroll the cold cake and spread the chestnut filling evenly over the top. Roll the cake up again and place on a serving board. Spread with a generous coating of ganache using a palette knife, and scratch and scrape the surface using a knife or fork to make it look like tree bark. Leave to cool at room temperature until completely set. Dust with icing sugar and arrange the meringue mushrooms in clusters on and around the cake.

CHEF'S TIP

Feeding a crowd? Double the recipe and make two logs, then simply join them together to make a dessert that's also the perfect table centrepiece.



SPECIAL OFFER
To buy *Deliciously Chocolatey* at the special price of **£7.99** including P&P, call **01256 302 699** and quote '**GLR J4J**'

Photography by Dan Jones



Christmas cake

Try something different with this moist, gluten-free cake. Topped with glossy glacé icing and candied fruit, it will make a super centerpiece for any festive celebration

SKILL LEVEL: **SERVES** 8 **PREPARATION:** 1 hour plus 12 hours cooling **COOKING:** 3 hours

YOU WILL NEED

- 100g (3½oz) raisins
- 100g (3½oz) sultanas
- 100g (3½oz) currants
- 100g (3½oz) glacé cherries
- 100g (3½oz) mixed peel
- 100g (3½oz) dried cranberries
- 3 tbsp sherry or fruit juice
- Grated rind and juice of 1 lemon
- 150g (5¼oz) butter
- 150g (5¼oz) soft brown sugar
- 3 eggs
- 200g (7oz) Doves Farm Plain Flour Free From Gluten
- 1 tsp mixed spice
- 1 tbsp water

TO DECORATE

- 300g (10½oz) satsumas
- 300g (10½oz) granulated sugar
- 200g (7oz) icing sugar
- 3 tbsp orange juice

KCAL	FAT	SATURATES	CARBS
695	14g	8g	144g
SUGAR	FIBRE	PROTEIN	SALT
117g	3g	4g	0g

*PER SERVING

CHEF'S TIP

Wrap any leftover cake slices in several layers of cling film, place in an airtight container and store in the freezer for later.

HOW TO MAKE

1 Preheat the oven to 150°C/300°F/Gas Mark 2.

2 Mix together the raisins, sultanas, currants, cherries, peel, cranberries, sherry, grated rind and juice. Leave overnight if possible.

3 In another bowl, cream together the butter and sugar until light and fluffy, then beat in the eggs. Mix in the flour and spice, followed by the water and prepared fruits.

4 Line a deep 20cm (8in) round cake tin with parchment. Cover the outside of a 10cm (4in) round cake tin with parchment and sit it inside the larger tin.

5 Push the cake mixture into the space between the two tins. Loosely cover with parchment, then bake in a preheated oven for 2¼ hours. (Allow to cool in the tin for 12 hours before removing the tin).

6 While the cake is cooking, put the granulated sugar and water into a saucepan over medium heat and stir until dissolved. Cut the satsumas into 5mm (¼in) slices, add them to the syrup and cook gently for about 2 hours. Leave to cool in the syrup.

7 Drain the slices and lay them on a parchment-lined baking tray. Bake in a preheated oven for 20 minutes. Turn them over and bake for a further 20 minutes. Leave to cool.

8 For the icing, mix two tablespoons of orange juice into the icing sugar, adding just enough of the remaining juice for the icing to flow. Drizzle it over the top of the cold cake. Press the prepared satsuma slices on top of the icing.

Recipe courtesy of Doves Farm. Find more recipes at dovesfarm.co.uk



Recipe from *Gluten-Free Christmas* by Hannah Miles (Ryland Peters & Small, £9.99)

Spiced stollen

This heavenly version of the German fruit bread is bursting with cherries, dark chocolate and marzipan, with an amaretto and lemon dough

SKILL LEVEL: **SERVES 10** **PREPARATION:** 45 minutes **COOKING:** 40-50 minutes

YOU WILL NEED

- 250g (9oz) gluten-free self-raising flour, sifted
- 1 tbsp gluten-free baking powder
- 1 tsp xanthan gum
- 3 eggs, beaten
- 75g (2½oz) butter, melted and cooled
- 300ml (10fl oz) sour cream
- 100g (3½oz) caster/superfine sugar
- Grated zest of 1 lemon
- 2 tbsp amaretto or other almond liqueur
- A pinch of vanilla salt (or 1 tsp pure vanilla extract and a pinch of salt)
- 200g (7oz) dried morello cherries
- 100g (3½oz) unsalted pistachios, chopped
- 100g (3½oz) dark chocolate (70% cocoa solids), chopped
- 250g (8oz) golden marzipan
- Icing sugar, for dusting
- 38x13cm (15x5in) stollen pan, very well greased
- Large baking sheet, greased and lined with baking parchment

KCAL	FAT	SATURATES	CARBS
560	25g	11.1g	74.3g
SUGAR	**FIBRE**	**PROTEIN**	**SALT**
46.4g	2.7g	8g	0.4g

*PER SERVING

HOW TO MAKE

1 Preheat the oven to 180°C/350°F/Gas Mark 4.

2 Sift the flour, baking powder and xanthan gum into a bowl. Add the eggs with 50g (1¾oz) of the melted butter, the sour cream and caster/superfine sugar. Stir in the lemon zest, amaretto, salt, cherries, pistachios and chopped chocolate. Spoon half of the mixture into the prepared stollen pan.

3 On a clean surface, use your hands to roll the marzipan out into a sausage shape the length of your stollen pan and place in the centre of the dough in the tin.

4 Spoon the remaining dough mixture over the top of the marzipan, then invert onto the prepared baking sheet, keeping the stollen pan over the dough. (If you do not have a stollen pan, dust your hands with flour, and shape the dough into a long oval loaf, approximately 35x20cm (14x8in), and insert the marzipan in the centre of the dough before shaping).

5 Bake for 40–50 minutes in the preheated oven, until the top is golden brown, gently lifting away the stollen pan to see if it is cooked. Take the stollen out the oven and remove the pan.

6 Brush the top of the warm loaf with the remaining melted butter, and dust with icing sugar. The sugar will be absorbed by the butter, giving the loaf a sweet coating.

Photography © Loupe Images/William Reavell



Photography by Tim May

Panforte

This Italian Christmas cake originates in Sienna, and should keep for up to six months in a tin – although don't expect it to last that long, as it's simply delicious!

SKILL LEVEL: **SERVES 20** **PREPARATION:** 20 minutes **COOKING:** 35 minutes

YOU WILL NEED

- 150g (5¼oz) hazelnuts
- 150g (5¼oz) whole blanched almonds
- 125g (4½oz) candied peel
- 100g (3½oz) candied pineapple, chopped
- 75g (2½oz) gluten-free plain flour
- Zest of a lemon
- ½ tsp xanthan gum
- 1 tsp ground cinnamon
- ¼ tsp ground coriander
- ¼ tsp ground cloves
- ¼ tsp ground nutmeg
- 150g (5¼oz) caster sugar
- 4 tbsp honey
- 50g (1¾oz) butter
- Icing to dust

KCAL	FAT	SATURATES	CARBS
199	11g	2g	25g
SUGAR	**FIBRE**	**PROTEIN**	**SALT**
18g	2g	3g	0.04g

*PER SERVING

HOW TO MAKE

1 Preheat the oven to 150°C/130°C Fan/300°F/Gas Mark 3. Grease and line a 20cm (7¾in) springform round tin.

2 Place hazelnuts and almonds in a dry frying pan. Toast until lightly browned. Keep them moving in the pan to prevent burning.

3 Put nuts in a large bowl together with peel, pineapple, flour, lemon, xanthan gum and spices.

4 Put the sugar, honey and butter in a small saucepan and gently bring to the boil. Simmer gently for 5 minutes, then pour into the bowl and mix everything together.

5 Transfer to the cake tin and spread out evenly. Bake the panforte for 35 minutes.

6 Once cool, take out of the tin and dredge with icing sugar, then cut into small pieces and serve.



Recipe taken from *Nosh Gluten-Free Baking* by Joy May. For more recipes, go to noshbooks.com

YOU WILL NEED

FOR THE MINCEMEAT

- 1 medium cooking apple, peeled and cut into 1cm (½in) chunks
- 150ml (5fl oz) water
- 130g (4½oz) currants
- 130g (4½oz) sultanas
- 130g (4½oz) raisins
- 2 tbsp ginger wine or sherry
- 80g (2¾oz) dark brown sugar
- ½ tsp cinnamon
- ½ tsp nutmeg
- 1 tsp allspice
- Icing sugar to dust

FOR THE PASTRY

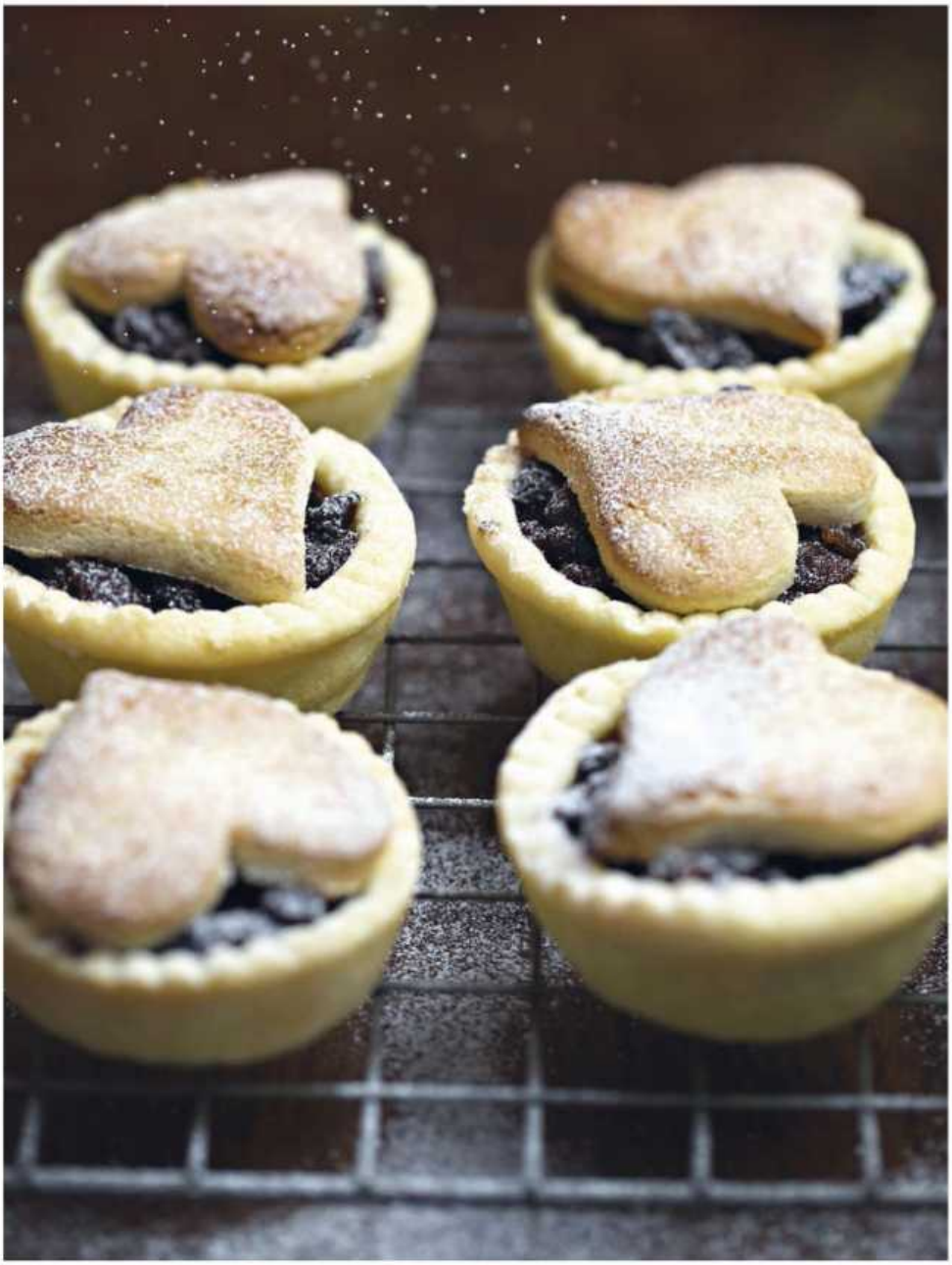
- 360g (12½oz) gluten-free plain flour
- 1 tsp xanthan gum
- ½ tsp salt
- 175g (6oz) cold butter
- 100g (3½oz) caster sugar
- 1 egg plus 75ml (2½fl oz) cold water

FOR THE MARZIPAN

- 175g (6oz) caster sugar
- 280g (9¾oz) icing sugar
- 450g (15¾oz) ground almonds
- 2 eggs, beaten

KCAL	FAT	SATURATES	CARBS
433	12g	8g	82g
SUGAR	**FIBRE**	**PROTEIN**	**SALT**
48g	3g	3g	0.3g

*PER SERVING



Photography by Tim May

Mince pies

This gluten-free version of a festive treat is surprisingly easy and very moreish!

SKILL LEVEL: **MAKES 12** **PREPARATION:** 30 minutes **COOKING:** 20 minutes

HOW TO MAKE

1 To make the mincemeat, place the apples in a large pan with the water and simmer gently until the apple starts to get fluffy around the edges.

2 Add the rest of the mincemeat ingredients and simmer for about 5 minutes, stirring every now and then. Leave the mixture to cool completely.

3 Preheat the oven to 200°C /180°C fan/ 400°F/Gas Mark 6.

4 To make the pastry, put the dry ingredients and butter in the food processor. Blitz until you have something resembling breadcrumbs. Add wet ingredients and pulse until you have a soft dough.

5 Roll out on a sheet of floured cling film until 5mm (¼in) thick. Cut 12 circles measuring 8cm (3in).

6 Place the circles in the bottom of the bun tins, and fill each one with mincemeat.

7 Roll out the marzipan and cut out hearts or stars. Place on the tops of the pies.

8 Bake for 20 minutes. Dust with icing sugar when cool.

CHEF'S TIP

You can prepare these ahead – just whip up a batch, shape them in their tins, freeze until they are set then place in a freezer bag and return to the freezer. Then you just need to cook from frozen, adding an extra five minutes to the cooking time.



Recipe taken from *Nosh Gluten-Free Baking* by Joy May. For more recipes, go to noshbooks.com





Christmas pudding macarons

Surprise Santa Claus on Christmas Eve by leaving one or two of these under the chimney for him instead of the traditional mince pie!

SKILL LEVEL: **MAKES 24** **PREPARATION:** 1 hour **COOKING:** 16 minutes



HOW TO MAKE

1 Preheat the oven to 160°C/320°F/Gas Mark 3 and place two Lakeland Silicone Macaron Moulds onto baking trays. Whizz the icing sugar and ground almonds in a food processor until very fine then sift into a bowl.

2 Whisk the egg whites in a very clean bowl until soft peaks are formed then gradually whisk in the caster sugar until thick and glossy. Gently stir in the brown colouring and the 10 drops of Christmas Pudding Flavour.

3 Using a spatula, gently fold half the almond and icing sugar mixture into the egg whites and mix well, then add the remaining half. Cut and fold the mixture until shiny and thick then spoon into a piping bag fitted with a 1cm (½in) plain nozzle.

4 Pipe small rounds of macaron mixture into the moulds and gently tap the baking trays on the work surface a few times to help the mixture settle. Leave to stand at room temperature for 20 minutes to form a skin then bake for 16 minutes or until the macaroons feel firm and are slightly raised. Cool completely before removing from the moulds.

5 To make the filling, beat the butter in a bowl until light and fluffy then add the icing sugar, milk and 8 drops of Christmas Pudding Flavour and mix until smooth. Sandwich the macaron halves with the filling and give a gentle twist to bond them.

6 To decorate, place the melted chocolate in a piping bag and allow to cool slightly then snip off the end to let the chocolate flow out and create the sauce effect on the Christmas puddings.

7 Once the chocolate has set, roll out the green icing and cut out 56 holly leaves with a small holly leaf cutter. Stick 2 leaves onto each macaron with a little cold water. Make tiny holly berries from the red icing and stick on with a little cold water.

YOU WILL NEED

MACARONS
- 175g (6oz) icing sugar
- 125g (4½oz) ground almonds
- 3 egg whites
- 75g (2½oz) caster sugar
- A few drops brown food colouring
- 10 drops Lakeland Natural Christmas Pudding Flavour
- Silicone Macaron Mould

FILLING
- 75g (2½oz) butter, softened
- 150g (5¼oz) icing sugar, sieved
- 2 tsp milk
- 8 drops Lakeland Natural Christmas Pudding Flavour

DECORATION
- 100g (3½oz) white chocolate, melted
- 60g (2oz) Renshaw Green Ready to Roll Icing
- 30g (1oz) Renshaw Red Ready to Roll Icing

KCAL	FAT	SATURATES	CARBS
161	7g	3g	23g
SUGAR	**FIBRE**	**PROTEIN**	**SALT**
22g	0g	2g	0.03g

*PER SERVING

CHEF'S TIP

Leave the macarons to cool completely before trying to remove them from the moulds, or they will break.

Recipe from lakeland.co.uk



Christmas fruit bread

Recipe courtesy of Doves Farm. Find more recipes at dovesfarm.co.uk

Delicately spiced and richly filled with fruit, this gluten-free bread will soon become a comforting favourite when guests pop over for tea during the festive season

SKILL LEVEL: **SERVES 12** **PREPARATION:** 30 minutes plus 3½ hours marinading/rising **COOKING:** 55-60 minutes

YOU WILL NEED

- Rind and juice of 1 orange
- 150g (5¼oz) dried fruit and peel
- 2 egg whites
- 50g (1¾oz) butter, melted
- 3 tbsp honey
- Pinch of salt
- 275ml (9¼fl oz) water
- 350g (12¼oz) Doves Farm Gluten Free White Bread Flour
- 2 tsp Doves Farm Quick Yeast
- 1 tsp cinnamon
- Pinch of nutmeg

KCAL	FAT	SATURATES	CARBS
233	4g	2g	45g
SUGAR	FIBRE	PROTEIN	SALT
17g	1g	7g	0.2g

*PER SERVING

HOW TO MAKE

1 Preheat the oven to 220˚C/200˚C fan/425˚F/Gas Mark 7. Grate the orange rind into a bowl, add the juice, dried fruit and peel. Marinade for a couple of hours.

2 Line the base of a deep 15cm (6in) round cake tin with baking parchment. Line the sides with a double layer, twice the height of the tin. Check it will fit in your oven.

3 Put the egg whites, melted butter, honey, salt and water into a large bowl and whisk well.

4 Add the flour, yeast, cinnamon and nutmeg, beating to a smooth batter. Stir in the fruit mixture.

5 Tip the dough into the prepared tin and smooth the top. Cover loosely with parchment and leave to rise in a warm place until doubled in size (60-90 minutes).

6 Bake in preheated oven, loosely covered with the parchment, for 55-60 minutes. Remove from the oven and leave to cool on a wire rack.

CHEF'S TIP

To make this recipe suitable for dairy-free diets, replace the butter with 4 tbsp oil. For a vegan cake, use agave or maple syrup in place of the honey.

YOU WILL NEED

FOR THE BRANDY SNAP BASKETS

- 60g (2oz) butter
- 60g (2oz) caster/superfine sugar
- 60g (2oz) golden/light corn syrup
- 60g (2oz) gluten-free plain/ all-purpose flour, sifted

FOR THE SYLLABUB

- 120ml (4fl oz) green ginger wine
- Grated zest and freshly squeezed juice of 1 lemon
- 80g (2¾oz) caster/superfine sugar
- 1 tsp ground cinnamon
- 300ml (10fl oz) double cream
- 1 egg white

TO SERVE

- Unsalted pistachios, finely chopped
- Edible gold leaf
- Large baking sheet, lined with a silicone mat
- Palette knife
- 4 glass tumblers, greased with butter

KCAL	FAT	SATURATES	CARBS
308	20g	13g	32g
SUGAR	**FIBRE**	**PROTEIN**	**SALT**
21g	0g	2g	0.1g

*PER SERVING



Photography © Loupe Images/William Reavell

Brandy snap baskets with spiced syllabub

Conjure up memories of childhood Christmases with these brandy snap baskets and their thoroughly festive filling

SKILL LEVEL: **SERVES 8** **PREPARATION:** 20 minutes plus 1 hour soaking **COOKING:** 30 minutes

HOW TO MAKE

1 Preheat the oven to 180°C/350°F/Gas Mark 4.

2 Heat the butter, sugar and syrup in a saucepan over a gentle heat, until the butter has melted and the sugar has dissolved. Remove the saucepan from the heat, and stir in the flour.

3 Place four large spoonfuls of the mixture on the prepared baking sheet, placing them a large distance apart as they will spread during cooking. Bake for 10–12 minutes in the preheated oven, until the cookies turn a golden orange colour. Remove from the oven and leave for a few minutes on the baking sheet. They should be firm enough to move without stretching, but still flexible enough to shape. If they set too hard, simply return to the oven for a minute to soften.

4 Using a palette knife, lift each cookie over the base of a prepared glass tumbler, and press down to create a basket. Leave on the glass until cool. Repeat with the remaining batter to make a further 4 baskets. The baskets will store in an airtight container for up to 5 days.

5 For the syllabub, place the wine, lemon zest and juice, sugar and cinnamon in a bowl, and leave to soak for 1 hour, until the sugar dissolves, stirring occasionally. Place the sugar syrup in a mixing bowl with the double/heavy cream, and whip to stiff peaks.

6 Place the egg white in a separate clean bowl, and whisk to stiff peaks. Gently fold the egg white into the cream mixture. Divide the syllabub between the brandy snap baskets, sprinkle with the chopped pistachios and top with a little gold leaf. Serve immediately.



Recipe from *Gluten-Free Christmas* by Hannah Miles (Ryland Peters & Small, £9.99)

Ask the experts

Following a gluten-free diet can take a bit of getting used to. Our experts are on hand to answer your queries and offer their practical advice

THIS ISSUE'S EXPERTS



HANNAH MILES

Hannah Miles was a finalist on BBC's *MasterChef* in 2007 and has since become a cookery writer, with more than 20 books to her name, plus recipes that have featured in a host of national and international magazines.

She developed a passion for gluten-free cooking after her best friend was diagnosed with wheat intolerance. Having been inspired to start creating gluten-free recipes that were tasty enough to appeal to everyone (not just those on a gluten-restricted diet) she has now written three gluten-free cookbooks, all published by Ryland Peters & Small. Hannah also works as a lawyer.



DEBORAH THACKERAY

Deborah Thackeray is a registered nutritional therapist with a practice in North Yorkshire. She has a particular interest in coeliac disease and gluten sensitivity, and set up the website Gluten Free Baking and Living with her coeliac husband, Ian. Deborah is a consultant to gluten-free food producers and teaches gluten-free baking in three locations in the UK. She also writes for and publishes *Gluten Free Baking and Living* e-magazine. For more from Deborah, visit **glutenfreebaking.co.uk**, like Gluten Free Baking and Living on Facebook or follow @GlutenFreeBaki1on Twitter.

CONTACT US...

Have you got a question for our experts? Email **editor@eating-and-living-glutenfree.co.uk** and although the experts won't be able to answer you personally, each issue we'll choose a selection of questions and answers to print so that all our readers can benefit from their wisdom.

IMAGES: © istock

GLUTEN-FREE GRAVY

Q I usually use instant gravy granules but I'd like to learn how to make my own gluten-free gravy. Can you help?

A Hannah says: For a treat with your Christmas gravy, peel and finely chop a large white onion and sauté in a large pan in 1 tbsp of butter and 1 tbsp of olive oil. Add 200ml (6¾fl oz) of sweet sherry to the pan with 200ml (6¾fl oz) of brandy and simmer over the heat until the liquid has reduced to a quarter. This will take about 15-20 minutes. When the liquid is thick and syrupy add 800ml (27fl oz) of chicken or vegetable stock to the pan and continue to simmer until the liquid is reduced by about a third. Make sure that the stock you use is gluten free. In a small bowl, rub 1 tbsp butter into 2 tbsp cornflour with your fingertips to make a roux. To thicken the gravy add the roux to the saucepan a little at a time, whisking constantly until the sauce thickens. You may not need all of the roux. Alternatively, if you prefer thinner, richer gravy, you can omit the roux and add 200ml (6¾fl oz) of double cream to the sauce. Season well with salt and pepper and serve piping hot.



Nausea can be a side effect of taking calcium tablets

TABLET TROUBLES

Q I've been diagnosed with osteopenia as a result of coeliac disease and I'm taking calcium tablets to help but it causes awful nausea. Can you give me any advice?

A Deborah says: This can be a nasty problem to have but don't forget

that for absorption calcium needs good levels of co-factors such as magnesium (which you can get from lots of green vegetables) and vitamin D from sunlight (or supplements in a British winter!). Unless you have these in your diet, you won't absorb calcium well. Do try and take the supplements with meals to reduce the nausea. If you still have a problem, you could try switching to a different form of calcium such as calcium citrate or calcium malate instead of the more usually used calcium carbonate. And the final thing to try – take a digestive enzyme supplement at the same time as the calcium supplement.



It's so easy to make your own gluten-free hot chocolate

IMAGES: © iStock

DO IT YOURSELF!

Q I accidentally bought a hot chocolate powder with gluten in. Is it simple to make my own hot chocolate at home?

A Hannah says: Hot chocolate powder is indeed one of those hidden pitfall ingredients that can often contain gluten. There are, however, several versions now available that are gluten free. If you want to make your own hot chocolate at home, my favourite version is made with milk and a small bar of chocolate – use 100g (3½oz) of gluten-free plain or milk chocolate. Heat 500ml (17fl oz) of milk in a saucepan (or if you want to be super indulgent substitute 250ml (8½fl oz) of the milk with double cream). Add the broken chocolate to the pan and stir until the chocolate melts. Serve straight away. There are lots of other hot chocolate recipes in my *Hot Chocolate* book, available from amazon.co.uk

CONCERNED ABOUT CALCIUM

Q Is there anything I can do to improve my tolerance of dairy products? I'm worried about my calcium intake and I really miss cheese!

A Deborah says: Providing you have a very good intake of green vegetables, there is really no need to worry too much about calcium intake. For example, a serving of broccoli contains 70mg and you can take a multivitamin and mineral tablet including calcium. However, if you would really like to eat dairy, you may be able to if you react to lactose rather than milk proteins. For example, you can buy lactose-free milk, and most hard cheeses and butter contain very little lactose. There are also lactase capsules to take that can help you digest lactose. Probiotic capsules can aid balance in the gut microbiome so that you have more of the lactose digesting bacteria in there. If you are reacting to milk protein (casein), though, you could try A2 milk which contains a different form of casein, or goat's or sheep's milk, yogurt or cheeses. If you still can't tolerate these, there are now good dairy-free alternatives to cheese such as Violife, which is great on pizza!

I'M STILL HUNGRY!

Q My 10-year-old is gluten intolerant and constantly complains she's hungry. What foods would you recommend to keep her fuller, longer?

A Deborah says: To feel full, we need a balanced diet. Refined carbohydrates such as bread and cakes tend to make people feel full briefly and hungry again a short time later. Make sure she has good fats* and a reasonable amount of protein at the same time as the carbohydrate-rich foods such as bread, potatoes and gluten-free pasta. Do make sure she has green vegetables in there, too. Gluten-free wholegrains, such as quinoa, may help to bulk out a meal and help her last longer between meals.



*Good fats are those from natural sources, like olive oil and avocado

MISS OUT THE MALT

Q I see a lot of chutneys in the supermarket but a lot of them are not gluten free. Why is this and can I make my own?

A Hannah says: The problem with some chutneys is that they have been made with malt vinegar, which is derived from barley and therefore contains gluten. If you check the gluten-free aisles in supermarkets, though, they should have some gluten-free chutneys available.



You can easily convert cake, using gluten-free flour instead

However, you can easily make gluten-free chutney at home using any chutney recipe and simply replace the malt vinegar with white wine or cider vinegar instead. You won't notice a difference in taste at all.

CLEVER CONVERSIONS

Q What types of recipes are the easiest to convert to gluten-free?

A Hannah says: Cake recipes are easy to convert as you can just substitute gluten-free self-raising flour for the quantity of flour in the recipe. I always add extra moisture to the cake as well, as the gluten-free flour can make the cake dry. Add a few tablespoons of crème fraîche or natural yoghurt to the batter before baking and your cake should be really moist. You can substitute half of the flour with ground almonds and the other half with gluten-free self-raising flour with a teaspoon of gluten-free baking powder if you wish.

CHECK THE LABEL

Q I'm coeliac. Can you tell me if paracetamol, ibuprofen and cold/flu medicines contain any gluten?

A Deborah says: It would be unusual in the UK for any of these medications to contain gluten, but if you are trying something for the first time, it is always worth asking the pharmacist. The bulking agent in most medications is cornstarch rather than wheat starch, so it would only be a problem if you also react to corn.

UNDER THE WEATHER

Q It's 18 months now since my coeliac disease diagnosis, and I've been on a strict gluten-free diet ever since. But I still don't feel any better! Why is this and what can I do to get well?

A Deborah says: There is so much more to gut health than the usual information that after a year on a gluten-free diet, you should be well on the way to full recovery. Firstly, you do need to make sure that you are not being regularly glutened. For example, if someone else leaves crumbs all over the kitchen, it can be hard for you to stay safe. If you are super careful, it may be that you are reacting to something else as well in your diet. The list of other foods that I have found reactions to include dairy, corn, potato, onions and many others. It may be worth keeping a food diary or having some further testing to see if you can see a pattern. There are supplements such as probiotics than can help repair the gut, but you would usually need a registered nutritionist to help you with this. Finally, there is a rare condition called refractive coeliac disease where the symptoms do not clear on a gluten-free diet. Should symptoms persist, ask to be referred back to your consultant.

STIR UP SUNDAY

Q Before I was diagnosed as coeliac I used to make our family Christmas pudding on the last Sunday before advent. How can I make my own gluten-free Christmas pudding?

A Hannah says: Most of the ingredients in a Christmas pudding are suitable for those with wheat allergies and only a few substitutions are required. Substitute the flour with gluten-free self-raising flour. In place of the ale use a gluten-free beer – there are several varieties available in supermarkets now – Hambleton Ales do a great one (buy from hambletonales.co.uk). The only other thing to be careful of is that the fruit you use is not coated in an anti-caking agent, which is wheat based. Most now use oil but it is really important to check the packaging carefully.

CHIN CHIN!

Q I have a GF family friend coming to stay for Christmas – are there any drinks that I definitely can't serve them?

A Hannah says: Most spirits and wines do not contain wheat at all, so there are really only a few pitfalls. Beers are not suitable but there are a good variety of gluten-free beers in the supermarkets. You also need to be careful of some whisky-based drinks, as although the whisky generally does not contain gluten, the process adds a caramel colouring which can be wheat based. Compass Box whiskies are gluten free and delicious (buy from compassboxwhisky.com). Be careful with Irish cream liqueurs as well as these are whisky based. Gin, vodka, sherry, brandy and tequila are all generally gluten-free and you can make some lovely festive cocktails using these drinks. See our cocktail section on p55 for more ideas! Check the manufacturer's website if you want to be absolutely certain, as they will always publish details of whether their products are gluten free.



Give gluten-free guests a glow with festive cocktails

IMAGES: © istock

Handmade with love

Make Christmas more personal by making your own gluten-free gourmet gifts! From perfect preserves to spiced fudge and fruit gin, your foodie friends will love them!



PUT A LID ON IT!

SPICED PRESERVED FRUIT IS A LOVELY GIFT THAT LASTS!

P82 »

FOR THE AMARETTI

- 200g (7oz) ground almonds
- 160g (5½oz) caster sugar
- 2 egg whites
- 2-3 drops pure almond extract
- 50g (1¾oz) caster sugar
- Baking sheet lined with baking parchment

KCAL	FAT	SATURATES	CARBS
121	6g	0g	13g
SUGAR	FIBRE	PROTEIN	SALT
12g	1g	3g	0.02g

*PER BISCUIT

FOR THE RICIARELLI

- 250g (8oz) marzipan
- 100g (3½oz) caster sugar
- 1 teaspoon Grand Marnier or other orange liqueur
- 1 egg white
- 150g (5¼oz) blanched almonds, finely ground
- Icing sugar
- Baking sheet lined with baking parchment

KCAL	FAT	SATURATES	CARBS
157	8g	1g	17g
SUGAR	FIBRE	PROTEIN	SALT
15g	1g	4g	0.02g

*PER BISCUIT

Photography by Kate Whitaker

Amaretti & riciarelli

Crispy on the outside, light and chewy on the inside, these Italian delicacies are perfect for dipping in your morning coffee – a batch of them in a pretty box makes a lovely Christmas gift

SKILL LEVEL: **MAKES:** 20 amaretti/16-18 riciarelli **PREPARATION:** 10 minutes (for both) **COOKING:** 15 minutes for amaretti/8-10 minutes for riciarelli

FOR THE AMARETTI

1 Preheat the oven to 180°C/350°F/Gas Mark 4.

2 Mix the ground almonds and caster sugar together in a large mixing bowl. Stir in the egg whites and almond extract and bring the mixture together to form a soft dough.

3 Put the remaining caster sugar into a bowl. Form the dough into balls the size of small walnuts and roll gently in caster sugar, then arrange on the baking sheets, leaving a little space for spreading between each one.

4 Bake in the preheated oven for about 15 minutes, until risen, firm and golden. Leave to cool for a little while on the baking sheet, then transfer to a wire rack and leave to cool completely. Store in an airtight container and eat within 3 days.

FOR THE RICIARELLI

1 Preheat the oven to 180°C/350°F/Gas Mark 4.

2 Cut the marzipan into small pieces and put in a food processor. Blend to a paste. Add the caster sugar and Grand Marnier and blend again. Transfer to large bowl and beat in egg white. Stir in ground almonds.

3 Form the mixture into small logs 1.5cm (½in) in diameter and 4cm (1½in) long. Lay on prepared baking sheet, leaving room for spreading. Leave to stand in a cool place for 30 minutes.

4 Bake in preheated oven for 8–10 minutes, until golden and firm. Leave on the baking sheet to cool slightly, and then transfer to a wire rack to cool completely.

5 Dust with icing sugar and serve. Store in an airtight container and eat within 3 days.



Recipe taken from *The Cookie Jar* by Liz Franklin (Ryland Peters & Small, £16.99)



Photography by Dan Jones

Spiced chocolate fudge

Melt-in-the-mouth fudge is so easy to make, so it's perfect for a last-minute gift-making session – this twist on the traditional recipe has a hint of festive spice

SKILL LEVEL: **MAKES 64 PIECES** **PREPARATION:** 20 minutes plus setting time

YOU WILL NEED

- ½ tsp ground cinnamon
- ½ tsp ground ginger
- ¼ tsp freshly grated nutmeg
- ¼ tsp ground cardamom
- A pinch of ground black pepper
- 850ml (28¾fl oz) double cream
- 500g (17½oz) caster sugar
- 150ml (5fl oz) liquid glucose (or light corn syrup)
- 100g (3½oz) butter
- A pinch of salt
- 200g (7oz) dark chocolate (60-70% cocoa solids), melted and cooled
- 20cm (8in) square cake pan lined with baking parchment

KCAL	FAT	SATURATES	CARBS
112	7g	5g	12g
SUGAR	**FIBRE**	**PROTEIN**	**SALT**
10g	0.3g	0.4g	0.02g

*PER SERVING

HOW TO MAKE

1 Put everything except the chocolate in a heavy-bottomed saucepan set over a gentle heat and stir until the sugar and butter have melted. Stop stirring, increase the heat slightly and leave to softly boil until the mixture reaches 120°C (250°F). Do not be tempted to crank the heat up to maximum to speed up the process, or you'll burn the fudge.

2 Remove the pan from the heat and leave to cool to 110°C (230°F), before stirring in the chocolate. Whisk gently until the mixture cools to 60°C (140°F), before pouring the chocolate fudge mixture into the pan.

3 Level the top with a palette knife and then leave to set for a few hours before cutting into 2.5cm (1in) squares.

CHEF'S TIP

If you'd rather make plain fudge, leave out the spices and follow the instructions as above. Add raisins and chopped hazelnuts for a retro fruit and nut version!



Recipe from *Deliciously Chocolatey* by Victoria Glass, Ryland Peters & Small, £16.99

NUTRITIONAL NUGGET

The body does not require insulin to metabolise xylitol, so it produces a lower glycemic response than sucrose or glucose – that means these little refined sugar-free treats are suitable for diabetics.



Photography by Adrian Lawrence

YOU WILL NEED

FOR THE SNOWBALLS

- 1 tbsp white chia seeds
- 80g (2¾oz) coconut flour
- 30g (1oz) dried shredded coconut
- 1½ tbsp xylitol
- 60ml (2fl oz) canned coconut milk

TO DECORATE

- 5 tbsp filtered or mineral water
- 1½ tbsp xylitol
- 3 tbsp dried shredded coconut

KCAL	FAT	SATURATES	CARBS
69	4g	4g	7g
SUGAR	**FIBRE**	**PROTEIN**	**SALT**
1g	3g	2g	0g

*PER BALL

Coconut snowballs

Covered in coconut 'snow', these moreish treats make healthy little stocking fillers – they're rich and packed with goodness!

SKILL LEVEL: **MAKES 12** **PREPARATION:** 30 minutes **COOKING:** 15-20 minutes

HOW TO MAKE

1 Place the chia seeds in a small bowl with 3 tbsp of water and leave them to soak for about 10 minutes.

2 Preheat the oven to 160°C fan/180°C/350°F/Gas Mark 4.

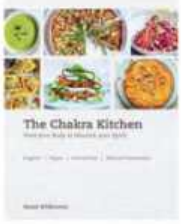
3 Mix the flour, shredded coconut, and xylitol together in a medium-size bowl. Gradually add the chia mixture and the coconut milk to the dry ingredients, mixing until it reaches a sticky consistency. If the mixture doesn't bind together, add a little more coconut milk.

4 Take a small amount of the mixture in your hand and roll into a ball 4cm (1½in) in diameter (if the mixture is very sticky, it may help to dampen your hands), then place on a non-stick baking sheet, continuing until you have made 10–12 snowballs.

5 Place the baking sheet in the oven and bake for 15–20 minutes – you don't want them to go brown. Remove from the oven and cool on a wire rack.

6 Meanwhile, make a syrup for decoration. Place the water and xylitol in a small pan and bring to the boil, then reduce the heat and simmer for a minute. Leave to cool.

7 Take each cooled snowball and brush a little of the syrup all over, then dip into the shredded coconut. Leave for a few minutes to dry, then enjoy!



Recipe taken from *The Chakra Kitchen* by Sarah Wilkinson, published by CICO Books, £14.99

Preserved apples with cinnamon

Give the gift of wonderfully spiced fruit all winter long with this traditional preserving recipe

SKILL LEVEL: **MAKES** 3 **PREPARATION:** 15 minutes **COOKING:** 30 minutes

YOU WILL NEED

- Juice of 1 lemon
- 1kg (2lb 3oz) apples
- 230g (8oz) caster sugar
- 3 cinnamon sticks
- 3 sterilised jars

KCAL	FAT	SATURATES	CARBS
480	0.7g	0g	126g
SUGAR	**FIBRE**	**PROTEIN**	**SALT**
112g	9.3g	1g	0.01g

*PER WHOLE JAR

HOW TO MAKE

1 Fill a large bowl with water and add the lemon juice. Peel the apples, cut them in halves or quarters, and then cut out the cores. Drop the apples into the lemon water to prevent them from browning.

2 Combine the sugar and 1 litre (34fl oz) of water in a large saucepan and place this over low heat, stirring until the sugar dissolves. Bring to the boil, then drain the apples and add to the syrup with the cinnamon sticks. Simmer for 5 minutes.

3 Use a slotted spoon to transfer the hot apples to warm sterilised jars, making sure there is a cinnamon stick in each jar. Pour over the syrup to cover the apples. Seal immediately.

4 Stand the jars on a wire rack or trivet in the base of a deep pot. Fill the pot with boiling water to cover the jars by at least 3cm (1in). Cover with a tight-fitting lid and simmer for 20 minutes. Remove the jars from the water and leave to cool on a wooden board. Tie with ribbon to finish.



Recipe taken from *The Produce Companion* by Mandy Sinclair and Meredith Kirton (Hardie Grant, £20)

CHEF'S TIP

Jars can be stored in a cool, dark place for up to 12 months, but will need to be refrigerated once opened.

Photography by Jeremy Simons



Photography by Jeremy Simons

Blackberry gin

This fruity hedgerow tipple makes a lovely gift for a party host – just be sure to make plenty to go around! You could also decant it into mini bottles and place inside Christmas crackers for an extra special treat

SKILL LEVEL: **MAKES** 750ml (25fl oz) **PREPARATION:** 10 minutes, plus 1-3 months maturing time **COOKING:** 5-10 minutes

YOU WILL NEED

- 500g (1lb 2oz) blackberries
- 750ml (25fl oz) gin
- 115g (4oz) caster sugar
- 125ml (4fl oz) water
- 2 x 750ml (25fl oz) sterilised bottles
- Straining muslin or cheesecloth

KCAL	FAT	SATURATES	CARBS
29.7	0.06g	0g	5.5g
SUGAR	**FIBRE**	**PROTEIN**	**SALT**
4.6g	0.9g	0.2g	0g

*PER 25ml SERVING

HOW TO MAKE

1 Divide the blackberries between two sterilised bottles. Top up with the gin, seal and then store in a cool, dark place. Shake the bottles every second day for 1 week, then leave for 1-3 months to mature.

2 To finish the gin, strain the gin through muslin (cheesecloth) and discard the blackberries. Return the gin to the bottles. Combine the sugar and water in a small saucepan and place over low heat, stirring until the sugar dissolves.

3 Leave to cool before adding to the gin a little at a time, tasting after each addition to ensure the gin does not become too sweet. When the flavour is to your liking, seal the bottles again and store for up to 12 months.

CHEF'S TIP

For a different take on this tipple, switch the blackberries for damsons – they work equally well in this easy recipe.



Recipe taken from *The Produce Companion* by Mandy Sinclair and Meredith Kirton (Hardie Grant, £20)



Photography © Con Poulos

Pistachio and cranberry nougat

With its Christmassy colours, this deliciously sweet nougat is hard to resist! Whether you're hosting a celebration, visiting friends and family, or waiting for guests to drop by, these festive little goodies will make their day

SKILL LEVEL: **MAKES 36** **PREPARATION:** 30 minutes **COOKING:** 15 minutes, plus 8 hours to set

YOU WILL NEED

- 2½ cups superfine caster sugar
- 1 cup (8fl oz) liquid glucose
- ⅓ cup (2½fl oz) honey
- Confectionery rice paper
- 2 egg whites
- 200g (7oz) pistachio nuts, shelled
- 110g (4oz) dried sweetened cranberries
- Sugar (candy) thermometer
- 20cm (8in) square cake tin

KCAL	FAT	SATURATES	CARBS
140	3g	0g	28g
SUGAR	**FIBRE**	**PROTEIN**	**SALT**
25g	1g	3g	0.01g

*PER SERVING

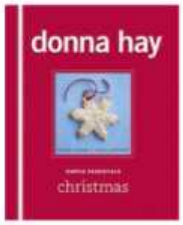
HOW TO MAKE

1 Place the sugar, glucose and honey in a saucepan over medium heat and stir until the sugar begins to dissolve. Increase the heat and boil for 7 minutes or until 140˚C/285˚F on a sugar thermometer.

2 Line the base of a 20cm (8in) square cake tin with rice paper. Place the egg whites in the bowl of an electric mixer and whisk until stiff peaks form. Add the sugar mixture in a thin, steady stream, beating constantly until the mixture is very thick. Fold in the pistachios and dried cranberries and spoon into the tin.

3 Cover the nougat with rice paper and press to flatten. Set aside in a dry place for 8 hours or until set (do not refrigerate).

4 To serve, remove the nougat from the tin and cut into squares. Store in a paper-lined airtight container away from moisture. Again, do not refrigerate.



Recipe taken from *Simple Essentials Christmas* by Donna Hay (HarperCollins, £12.99)

CHEF'S TIP

To make the recipe go further, use mini jars to store the chutney in. Not only do they look great, but it means you'll have plenty of chutney for last-minute gifts, thrifty table favours for Christmas Day, or sweet little jars for your cheese board.

Caramelised onion and thyme jam

Give this herby chutney as gifts to friends and family and they can turn simple sarnies and festive cheese boards into decadent treats

SKILL LEVEL: **MAKES** 500ml (17fl oz) **PREPARATION:** 15 minutes **COOKING:** 45 minutes



Recipe taken from *The Produce Companion* by Mandy Sinclair and Meredith Kirton (Hardie Grant, £20)

YOU WILL NEED

- 60ml (2fl oz) olive oil
- 1kg (2lb 3oz) red or brown onions, finely sliced
- 1 tbsp thyme leaves
- 2 tsp Dijon mustard
- 185g (6½oz) soft brown sugar
- 125ml (4fl oz) balsamic vinegar

KCAL	FAT	SATURATES	CARBS
79	1.9g	0.3g	15.6g
SUGAR	**FIBRE**	**PROTEIN**	**SALT**
13.8g	0.5g	0.4g	0.01g

*PER 15g SERVING

HOW TO MAKE

1 Heat the oil in a large saucepan over medium heat. Add the onion and thyme and fry with the lid on, stirring regularly, for 20-30 minutes, until very soft and golden.

2 Stir in the mustard, followed by the sugar and vinegar and reduce the heat to low. Simmer for 15 minutes, or until thick and jam-like.

3 Spoon the hot jam into warm, sterilised jars and seal immediately. The chutney will keep for up to 12 months in a cool, dark place.

WHAT IS HEALTHY EATING?

Overindulged this festive season? Here's nutritionist **Deborah Thackeray's** guide to overhauling your diet and adopting a healthy lifestyle, for the New Year and beyond!



Deborah Thackeray BSc Registered Nutritional Therapist mBANT has a practice in North Yorkshire. She has an interest in coeliac disease and gluten sensitivity and set up a website and e-magazine with her coeliac husband, Ian. Deborah is a consultant to gluten-free food producers and teaches gluten free baking. Go to **glutenfreebaking.co.uk** for more info.



Make your own breakfast and avoid pre-packaged alternatives

Feeling baffled by information on healthy eating? You're not alone. It seems every week new research is published, only to be followed by the opposite information emerging a week later. For years, we have been encouraged to follow Public Health England's Eatwell Plate[2], but rates of obesity, type 2 diabetes and other chronic health conditions are still rising. Is it because we are not following the advice or because the advice is wrong? Could it be a bit of both? Probably.

One of the issues is figuring out where the advice is coming from. Has the research been sponsored by a food manufacturer for example, or is the article written by someone with a book to promote? Often the studies are very small, with only a handful of participants. It doesn't necessarily mean that the advice is bad, just that you may need to apply some common sense.

EAT 'REAL' FOOD

Not as straightforward as it sounds. *Eat Food* writer, Michael Pollan, calls much of what is on sale 'food-like substances'[7] – ingredients that have been radically altered and combined with chemicals to produce something ostensibly edible, for example, margarine. He suggests this is not 'real' food.

The most valuable thing you can do is make your own meals, and that has become a real chore for many of us with busy lives. Try batch cooking and freezing – you'll find great ideas in this issue's Freezer fillers section starting on p41. Look out for quick recipes online and in books, too.



EAT HEALTHY FATS

For decades, government advice has been to follow a low-fat diet to prevent heart disease, dementia and obesity. It turns out the evidence to support this just was not there[3], though. And certain fats are essential as we can't make them. We need to eat Omega-3 and -6 fatty acids in the right ratio for healthy circulation, joints and brains. Higher levels of blood cholesterol are actually associated with less Alzheimer's disease, too[6]. Make sure you include healthy fats in your diet like avocados, nuts, seeds, oily fish with small amounts of butter and other animal fats.

EAT VEGETABLES

This is one area where health advice is consistent, but most people are not eating enough. Around eight to 10 portions would be better than the five currently recommended by the government, with only two portions of fruit because of its sugar content. Vegetables give us carbohydrates, vitamins, minerals, antioxidants and fibre. Some contain prebiotic fibre to encourage our beneficial bacteria. In fact, half of our everyday diet should be vegetables.

Eat a mixture of raw and cooked veg – some things like carrots have different nutrients when cooked. Hide veg in pasta sauces for fussy children, and add vegetables or fruit to every plate, including breakfast, even if it is just a few berries.

REDUCE CARB INTAKE

The Eatwell Plate[2] recommends that 33% of our calories come from bread, rice, potatoes, pasta and cereals. BANT[1] has challenged this in their Wellbeing Guidelines. We can meet our carbohydrate needs with veg, plus grains or potatoes. The British diet of cereal for breakfast, sandwiches for lunch and pasta for dinner is a perfect recipe for type 2 diabetes and inflammation[4].

The plate also shows 8% treat or junk foods including sugar. There is no justification for these being any part of a healthy diet. Recently, the World Health Organisation reduced the recommended daily amount of sugar to below 5% but that is still 6 teaspoons a day and we don't need any of it[8]. Artificial sweeteners are usually no better. To make changes, replace refined carbs like white bread with wholegrains (and less of them), pulses and root vegetables.

AND FINALLY...

Go for lots of veg, quality meat and fish, and modest amounts of dairy and carbs, cooked by your own fair hands. And remember, the best diet is as natural as possible!

DONT FORGET...

- **Drink enough water**

Staying well hydrated can help our hunger levels, brains, muscles and skin.

- **Don't be afraid of being a bit hungry**

You don't need to snack between meals. For most of our ancestry, food was not as abundant as it currently. We are well adapted to going without food, and some of the body's repair processes kick in once our calorie intake is dramatically reduced[5].

- **Don't worry about salt intake**

If you stop eating processed food, you are unlikely to get too much of it.

- **Limit alcohol**

Alcoholic drinks contain extra calories, are dehydrating, often make us eat more and damage the liver.

- **Cut down on coffee**

Watch out for too much caffeine – you need your sleep!

- **Avoid junk food**

Walking around any supermarket shows how far we are from eating 'real food'. The aisles are devoted to soft drinks, chocolate and crisps, and the freezers are full of pizzas and ready meals. Online shopping can be much easier to negotiate.

References:

1) BANT Wellbeing Guidelines bant.org.uk
2) Public Health England Eatwell Plate http://bit.ly/1ozsRVQ
3) Harcombe et al. (2015). Evidence from randomised controlled trials did not support the introduction of dietary fat guidelines in 1977 and 1983: a systematic review and meta-analysis. Open heart, 2(1), e000196.
4) Jonasson et al. (2014). Advice to follow a low-carbohydrate diet has a favourable impact on low-grade inflammation in type 2 diabetes compared with advice to follow a low-fat diet. Annals of medicine, 46(3), 182-187.
5) Mattson et al. (2014). Meal frequency and timing in health and disease. Proceedings of the National Academy of Sciences, 111(47), 16647-16653.
6) Mielke et al. (2005). High total cholesterol levels in late life associated with a reduced risk of dementia. Neurology, 64(10), 1689-1695.
7) Pollan, M. (2008). In defence of food: the myth of nutrition and the pleasures of eating. Penguin UK.
8) World Health Organization. (2015). Guideline: Sugars intake for adults and children. World Health Organization.

Disclaimer: This article is in no way intended as a substitute for professional medical advice and no responsibility will be accepted for failure to consult the appropriate medical practitioner. Always consult your doctor before making any changes to your diet, medicines or taking supplements.

taste test XMAS PUDS

You put fruit puddings to the test and here are your favourites...

Our panel



Joe Mongon, London
Gluten free by choice



Ben Crockatt, Reading
Gluten free by choice



Chris Walter, Somerset
Gluten intolerant

JOIN OUR PANEL!

If you'd like to test products, email **editor@eating-and-living-glutenfree.co.uk**

Jenkins & Hustwit Gluten Free Christmas Pudding, £6.90 (396g)

The authentic farm shop-style packaging was a hit but this pudding didn't quite live up to expectations. The testers found the texture was dry and it lacked spice. It can be microwaved or steamed, which appealed to those who prefer the traditional cooking method.

Star rating: ★★★





Tesco Free From Christmas Pudding, £3 (454g)

A firm favourite with all our testers who enjoyed this boozy pudding packed with fruity flavour, without being overly sweet. It was easy to prepare in the microwave and presented great value for money.

Star rating: ★★★★★

Waitrose Love Life Free From Christmas Pudding, £1.50 (100g)

The panel found this pud sweet and packed full of fruit but slightly lacking in the promised cider and rum flavour. It serves two so is a great cupboard staple for those who are the only gluten-free member of their family, as it will keep for a few days.

Star rating: ★★★





Sainsbury's Gluten Free Christmas Pudding, £4 (454g)

This nut free pudding offered a nice balance of spices, including a subtle hint of coriander. The moist pudding did lose shape when it was turned out of the tub, but the taste and texture more than made up for this. Overall, a great buy!

Star rating: ★★★★



PERFECT FOR PARTIES

...PLUS BUFFETS, BRUNCHES AND ON-THE-GO LUNCHES

P94 »»

Feed a crowd

Expecting a few more guests this Christmas? These bite-sized snacks and buffet favourites are little life-savers!



Cheddar, spinach and pine nut roulade

Serve up this easy-cheesy savoury Swiss roll as part of a cold buffet or light lunch – it makes a striking centrepiece and is sure to be a hit with veggies and meat-eaters alike

SKILL LEVEL: **SERVES 8** **PREPARATION:** 30 minutes **COOKING:** 18 minutes



YOU WILL NEED

- Vegetable oil, for greasing
- 300g (10oz) fresh spinach, thoroughly washed
- 5 eggs, separated
- 150g (6oz) Pilgrims Choice Extra Mature Cheddar cheese, finely grated
- 300g (10oz) soft cheese
- 2 tbsp chopped fresh chives or parsley, plus extra for garnish
- 50g (2oz) pine nuts, toasted
- Seasoning to taste

KCAL	FAT	SATURATES	CARBS
295	26.5g	12.5g	4g
SUGAR	**FIBRE**	**PROTEIN**	**SALT**
2g	0.5g	12g	0.8g

*PER SERVING

Recipe courtesy of Pilgrims Choice. To explore the range of cheeses on offer and read the latest recipes, visit facebook.com/PilgrimsChoice

HOW TO MAKE

1 Preheat the oven to 200°C/180°C fan/390°F/Gas Mark 6. Grease a 20x30cm (8x12in) Swiss roll tin and line with non-stick baking paper. Grease the paper with a little vegetable oil.

2 Cook the spinach in a small amount of water for about 5 minutes, until wilted. Drain thoroughly and squeeze out the excess moisture, then purée or chop finely. Leave to cool. Tip into a large bowl and mix in the egg yolks. Stir in half the grated Cheddar and season to taste.

3 In a large, grease-free bowl, whisk the egg whites until stiff. Fold the egg whites into the spinach mixture using a large metal spoon. Pour into prepared tin and spread into the corners. Bake for 10-12 minutes until set and light golden brown.

4 Turn out the roulade onto a large sheet of non-stick baking paper. Peel away the lining paper and leave to cool.

5 Beat the soft cheese until smooth and creamy, then mix in the remaining Cheddar and herbs. Season. Reserve 2 tbsp of the mixture, then spread the rest over the roulade and roll up from the short end.

6 To garnish, spread the remaining soft cheese mixture along the top of the roulade and sprinkle with the pine nuts and chopped herbs.

CHEF'S TIP

Serve the roulade with the open edge underneath, to keep it tightly rolled. When slicing it to serve, use a serrated knife as this will help to keep the shape and prevent the filling from oozing out.



IMAGE © iStock

Recipe from bacofoil.co.uk

Mini salmon, lemon and dill fishcakes

Serve these tasty little morsels with wedges of lemon and homemade tartare sauce at a party, or with green beans and sweet potato wedges for a quick meal for the kids on Christmas Eve

SKILL LEVEL: **MAKES 25** **PREPARATION:** 15 minutes **COOKING:** 20-25 minutes

YOU WILL NEED

- 2 large Maris Piper potatoes, quartered
- 25g (1oz) butter
- 50g (2oz) mature Cheddar cheese, grated
- 450g (1lb) salmon, skinned
- Small bunch dill, finely chopped
- 2 spring onions, finely sliced
- 2 dessertspoons sweetcorn
- 1 medium egg, beaten to bind
- 3 slices gluten-free dry bread, crumbed
- ½ lemon, zested
- 1 medium egg, whisked to coat
- Olive oil
- Bacofoil Non-Stick Foil

KCAL	FAT	SATURATES	CARBS
96	5g	2G	7g
SUGAR	**FIBRE**	**PROTEIN**	**SALT**
0g	1g	5g	0.1g

*PER SERVING

HOW TO MAKE

1 Preheat the oven to 200°C/400°F/Gas Mark 6. Line a baking tray with Bacofoil Non-Stick Foil.

2 Place the potatoes in a large pan and bring to the boil. Cook until tender, then add the butter and cheese. Mash until the mixture is smooth and evenly blended. Meanwhile, place the salmon on the lined baking tray and grill for 10-15 minutes, turning once, then set aside. Flake the fish once cooled and remove any bones.

3 Add the salmon to the mashed potato along with the dill, spring onions, sweetcorn and beaten egg. Gently combine, ensuring the salmon does not flake too much. Shape the mixture into golf ball-sized shapes.

4 In a blender, crumble the dry bread and whirl until it resembles fine breadcrumbs. Stir in the lemon zest. Gently toss the mini fishcakes in the gluten-free flour, dip in the beaten egg and finally toss them in the gluten-free breadcrumbs until evenly coated.

5 Lay the mini fishcakes on the lined baking tray and lightly drizzle a bit more olive oil over the top. Bake in the oven for 20-25 minutes.

CHEF'S TIP

These little crowd-pleasers are a fantastic prepare-before-the-day option for a festive buffet, as they can be frozen, defrosted and then popped in the oven when you need them!



Photography by Haarala Hamilton

CHEF'S TIP

Traditional cucumber raita goes perfectly with these bhajis – if you don't eat dairy you can make a dip from soya yoghurt, chopped cucumber and mint, instead.

YOU WILL NEED

- 2 onions
- 1 tbsp olive oil, plus extra for greasing
- 75g (3oz) gram (chickpea) flour
- ½ tsp gluten-free ground turmeric
- ¼ tsp gluten-free ground coriander
- ¼ tsp gluten-free ground cumin
- Pinch of salt
- 2 tbsp water
- 1 tbsp mango chutney
- 1 tsp tomato purée

KCAL	FAT	SATURATES	CARBS
53	1g	0g	9g
SUGAR	**FIBRE**	**PROTEIN**	**SALT**
3g	2g	2g	0.04g

*PER SERVING

Onion bhajis

Delicious bhajis warm from the oven won't last long at a party – serve them with mango chutney and watch them fly off the plate!

SKILL LEVEL: **MAKES 8** **PREPARATION:** 15 minutes **COOKING:** 30 minutes

HOW TO MAKE

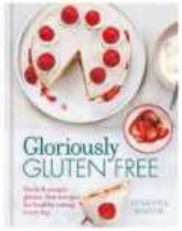
1 Preheat the oven to 180°C/350°F/ Gas Mark 4.

2 Cut onions in half, top to bottom, then slice each half into 3-4mm slices. Heat oil in a non-stick frying pan, add onion, fry gently for 5 minutes until soft (not brown).

3 Place the gram flour, spices and salt in a bowl and add the fried onions. Add the measurement water, chutney and tomato purée and stir together until the mixture is smooth but not sloppy – it should be moist enough to make stirring easy.

4 Drizzle a lipped baking sheet with oil, then place 8 dollops of the onion mixture onto the sheet using tablespoons. You might need to flatten the heaps a little with the back of a spoon.

5 Bake for 15 minutes, then remove the sheet from the oven and gently move it from side to side to redistribute the oil. Using a fish slice, flip the bhajis over, then return to the oven and bake for a further 15 minutes until well browned and glistening.



Recipe taken from *Gloriously Gluten Free* by Susanna Booth, Hamlyn, £15.99

YOU WILL NEED
- 6 mini flan tins or 20cm (8in) diameter flan dish

FOR THE PASTRY
- 360g (12½oz) GF plain flour
- 1 tsp xanthan gum
- ½ tsp salt
- 175g (6oz) cold butter
- 1 egg plus 100ml (3¼fl oz) cold water

FOR THE FILLING
- 1 tbsp olive oil
- 1 onion, chopped
- 150g (5¼oz) diced GF chorizo
- 100g (3½oz) spinach, chopped
- 4 eggs, beaten
- 200ml (6¼fl oz) crème fraîche
- 100ml (3¼fl oz) double cream
- 50g (1¾oz) grated Cheddar cheese
- 50g (1¾oz) pine nuts

KCAL	FAT	SATURATES	CARBS
873	67g	35g	54g
SUGAR	**FIBRE**	**PROTEIN**	**SALT**
2g	1g	15g	1.5g

*PER SERVING



Photography by Tim May

Mini chorizo quiches

Pass these delicious mini quiches around at your Christmas party, or serve a part of a Boxing Day buffet

SKILL LEVEL: **SERVES 6**
PREPARATION: 45 minutes
COOKING: 25 minutes

HOW TO MAKE

1 Preheat the oven to 180°C fan/200°C/400°F/Gas Mark 6.

2 To make the pastry: put the dry ingredients and butter in the food processor. Blitz until you have something resembling breadcrumbs. Add the wet ingredients and pulse until you have a soft dough.

3 Turn the dough onto a floured sheet of cling film and roll out until it's 5mm (¼in) thick. Use cling film to lift the pastry onto a rolling pin and transfer to the tins or dish.

4 Bake blind for 10 minutes (see tip). Remove the baking beans and bake for a further 5 minutes.

5 Meanwhile, heat the oil in a large frying pan and fry the onions and chorizo until they begin to brown. Take the pan off the heat and add the spinach.

6 Mix the eggs, crème fraîche and cream together in a bowl.

7 Take the pastry cases out of the oven. Divide the chorizo mix between them and spread it out. Carefully pour the egg mixture in until the cases are full. Sprinkle over the cheese and the pine nuts.

8 Bake in the oven for 25 minutes. If you are just using one large flan dish, you will need to cook for 5–10 minutes longer.

CHEF'S TIP

To blind-bake, cut a sheet of greaseproof paper larger than your tin, scrunch it up, unfold it and then gently put it into the tin, over the pastry. Pour in some baking beans to weigh down the paper, then bake in the oven for the specified time.



Recipe from *Nosh Gluten-Free Baking* by Joy May (published by inTRADE, £6.29)



Photography by Tim May

Stilton and walnut swirls

These supremely cheesy, nutty bites will all be gone in a flash, so you might want to make double the recipe to ensure there is enough to go around!

SKILL LEVEL: **SERVES 8** **PREPARATION:** 20 minutes plus 1 hour proving **COOKING:** 30 minutes



Recipe from *Nosh Gluten-Free Baking* by Joy May (published by inTRADE, £6.29)

YOU WILL NEED

- 1 tbsp honey
- 150ml (5fl oz) warm water
- 1½ tsp dried yeast
- 200g (7oz) gluten-free white bread flour
- 1 tsp gluten-free baking powder
- 1 tsp xanthan gum
- ½ tsp salt
- 1 egg
- 2 tbsp olive oil
- ½ tsp cider vinegar
- 50g (1¾oz) walnuts, chopped
- 100g (3½oz) blue Stilton
- Beaten egg for brushing

KCAL	FAT	SATURATES	CARBS
219	12g	3g	22g
SUGAR	**FIBRE**	**PROTEIN**	**SALT**
1g	1g	6g	1g

*PER SERVING

HOW TO MAKE

1 Put the honey, water and yeast in a small jug. Leave for about 5 minutes for the yeast to bubble and activate.

2 Mix together the flour, baking powder, xanthan gum and salt in a large bowl.

3 Mix together the egg, oil and cider vinegar. Add to the flour along with the yeast mixture. Mix together.

4 Turn out the dough onto a floured sheet of cling film. Gently roll out the dough to approximately 30x20cm (12x8in). Sprinkle all over with the Stilton cheese and walnuts.

5 Use the cling film to help roll up the dough like a Swiss roll. Cut the roll into slices and place each slice on a greased baking sheet. Leave in a warm place to prove for an hour.

6 Preheat the oven to 200°C/180°C fan/400°F/Gas Mark 6.

7 Brush the rolls with beaten egg and place in the oven for 30 minutes. Serve warm or cold.

CHEF'S TIP

Make these swirls ahead of time and freeze, then simply warm them up in the oven on the morning of your party.

Mini sausage rolls

Sausage rolls are a party favourite and a buffet table wouldn't be complete without a plate piled high with them – turn up to a festive shindig with a box of these tasty treats and you'll be welcomed with open arms...

SKILL LEVEL: **MAKES 40** **PREPARATION:** 30 minutes plus chilling time **COOKING:** 25-30 minutes

HOW TO MAKE

FOR THE FLAKY PASTRY

1 Preheat the oven to 220°C/200°C Fan/425°F/Gas Mark 7.

2 Put 100g (3½oz) of butter between two large pieces of parchment paper, roll it into a 1mm thick rectangle then freeze until hard.

3 Using a fork or pastry cutter, mix together the remaining 50g (1¾oz) of butter and flour until it resembles breadcrumbs. Add the water and quickly bring together into a sticky dough mass. Chill the pastry for an hour.

4 Roll the pastry into a 20x40cm (8x14in) rectangle between two sheets of flour dusted parchment paper, lay the frozen butter in the middle and fold the pastry edges over to enclose it.

5 Lift the left hand third of pastry onto the middle third followed by the right hand third over that. If necessary use the parchment to support the pastry. Press all the edges to seal in the fat. Chill the pastry for an hour.

6 Once again, roll the pastry into a 20x40cm (8x14in) rectangle between two sheets of flour-dusted parchment then lift the left hand third of pastry onto the middle third followed by the right-hand third over that.

7 Repeat rolling and tri-folding of pastry a further three times. Chill pastry for an hour.

FOR THE SAUSAGE ROLLS

1 Cut the pastry in half and roll each into a 20x40cm (8x14in) rectangle between two sheets of flour dusted parchment paper. Moisten the outer edges with water.

2 Peel off sausage skins and form meat into two 40cm (15¾in) rolls. Place one on each pastry rectangle, lift the dough over to enclose it.

3 Press a fork into the pastry to seal edges then cut the roll into 2cm (¾in) slices. Brush with egg and sprinkle with poppy seeds.

4 Transfer to parchment-lined baking tray. Chill for 10 minutes before baking in a preheated oven for 25-30minutes.

YOU WILL NEED

- 200g (7oz) Doves Farm Free From Gluten White Bread Flour
- 150g (5¼oz) butter
- 150ml (5fl oz) water
- 6 GF sausages
- 1 egg
- 1 tsp poppy seeds

KCAL	FAT	SATURATES	CARBS
56.5	4g	2.25g	4g
SUGAR	**FIBRE**	**PROTEIN**	**SALT**
0g	0.07g	1g	0.06g

*PER SERVING

CHEF'S TIP

If you don't eat eggs you can use apricot jam instead. And if you want to make meat-free versions for the vegetarians at your Christmas party, blitz together 50g (1¾oz) pine nuts, 100g (3½oz) kidney beans, 2 tsp sage and salt and pepper in place of the sausage.



Recipe by Doves Farm. For more visit dovesfarm.co.uk

BEST BUYS

For cheese lovers

Cheese fiends will gobble up these tasty treats and stylish kitchen accessories this Christmas

Dinner Party Cheese Boards with Confit, £17.98, available from Lakeland



The Big Cheese Making Kit Mozzarella and Ricotta, £22.50, from cuckooland.com



Kuhn Rikon Ratchet Cheese Grater, £12, available from John Lewis



Cheese Glorious Cheese Board, £16.50, by Have a Gander at notonthehighstreet.com



Mrs Crimble's Gluten Free Crackers in Original, Hot Chilli Cheese, Tomato & Pesto or Rosemary & Onion, £1.75, from Sainsbury's, Ocado and Waitrose



Artesa Cheese Board and Knife Set, £19.98, available from Lakeland



Boxed Heart Shaped Vintage Organic Cheddar, £24.95, by All Things Brighton Beautiful at notonthehighstreet.com



M&S Award Winning Mature Blue Stilton, £25 for 2kg, available from Marks & Spencer



World Cheese Book, £16.99, available from Amazon



Cheese Wire, £23.95, available from annabeljames.co.uk



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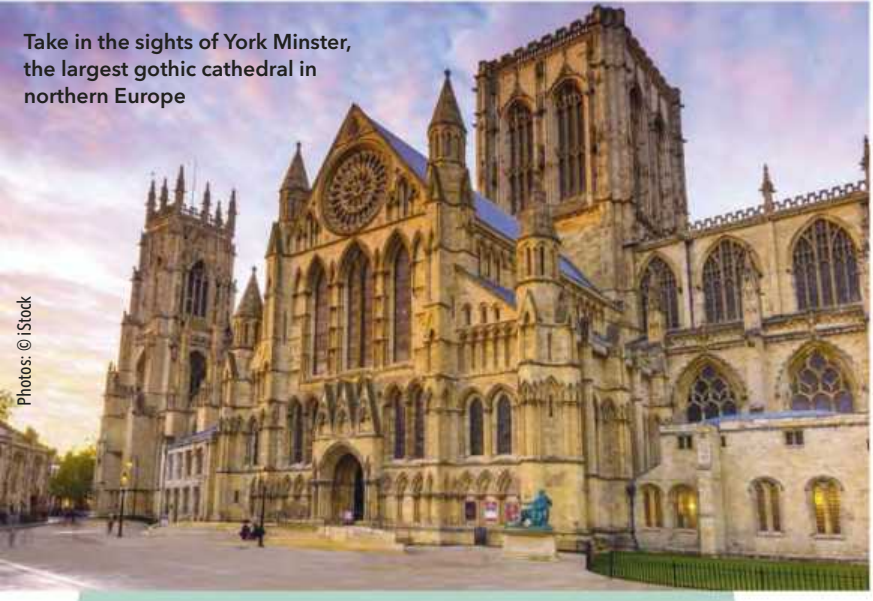
Happy, healthy New Year!

- How to start your new diet... and stick to it!
- Superfood suppers and lighter lunches
- What to eat when you're working out
- Guilt-free treats and good-for-you puds



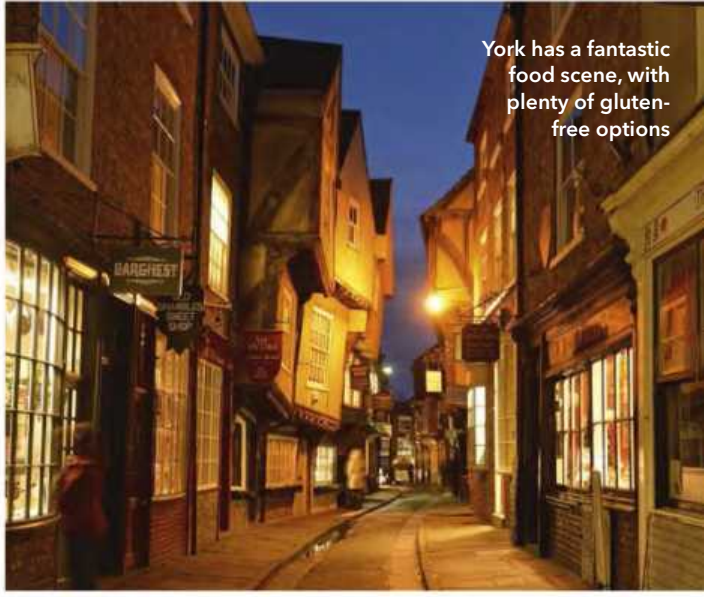
PLUS: TOP TIPS FROM EXPERTS, HEALTH NEWS, PRODUCT REVIEWS, COMPETITIONS AND MUCH, MUCH MORE

Images from *Everyday Super Food* by Jamie Oliver and *Quick & Easy Low Calorie Cookbook* by Heather Thomas



Take in the sights of York Minster, the largest gothic cathedral in northern Europe

Photos: © iStock



York has a fantastic food scene, with plenty of gluten-free options

Gluten-free getaway YORK

We visit York to explore food festivals, gluten-free eateries and cookery courses

1 Festival fun

York Food Festival, 23rd Step – 2nd Oct 2016

Plan your next visit to York to coincide with York Food Festival – an amazing 10-day event that celebrates local and regional food and drink. One of the main aims of the festival is to encourage people to enjoy healthy, homemade and locally sourced food – expect to find gluten-free offerings from restaurants and retailers including El Piano, a restaurant serving plant-based, gluten-free, nut-free fare. Call 01904 635 149 or visit **yorkfoodfestival.com** for more information.

2 California living

Filmore & Union, 62a Low Petergate, York

With views of the Minster, this dog-friendly establishment is the ideal place to stop for a break – and a gluten-free cake! There's a café, juice bar and restaurant, each offering wholesome Californian-style nosh to eat in or take away. Travelling by train? Don't miss their other café at York Station, Platform 8. Visit **filmoreandunion.com**





3 Learn to cook

El Piano, 15–17 Grape Lane, York

Just like their restaurant, B&B and recipe books, El Piano's cooking courses are ideal for anyone wishing to avoid gluten, nuts and palm oil. This vibrant venue is host to classes including Xmas Cake, The Essential Gluten-Free, and Tofu Extra, priced from £32.50. The restaurant has 40 years' experience in gluten-free food, so you'll be learning from the best! Go to **el-piano.com**





GET IN TOUCH!

We'd love to hear your experience of great gluten-free restaurants, cafés, B&Bs, hotels, bakeries and food festivals across the UK! Please email your suggestions to: editor@eating-and-living-glutenfree.co.uk

Winter warmers

There simply isn't anything more indulgent than curling up on the sofa with a Christmas film and a mug of homemade hot chocolate!

Photography by Steve Painter



Recipes taken from *Hot Chocolate* by Hannah Miles (Ryland Peters & Small, £9.99)

Peppermint candy cane hot chocolate

Traditional candy canes make the perfect swizzle stick for a festive hot chocolate – add slippers and a roaring fire and you've got the perfect cosy Christmas Eve!

SKILL LEVEL: **SERVES 2** **COOKING:** 5 minutes **PREPARATION:** 10 minutes

YOU WILL NEED

- 50g (1¾oz) white chocolate, chopped
- 4 candy canes
- 100g (3½oz) chocolate-coated mint fondants (such as After Eights)
- 250ml (8½fl oz) milk
- 450ml (15¼fl oz) double cream

KCAL	FAT	SATURATES	CARBS
1275	102g	63g	84g
SUGAR	**FIBRE**	**PROTEIN**	**SALT**
74g	1g	11g	0g

*PER SERVING

HOW TO MAKE

1 Place the white chocolate in a heatproof bowl over a pan of simmering water and heat until melted. Carefully dip rims of two heatproof glasses into chocolate. Crush two candy canes into small pieces. Place the peppermint pieces on a plate and roll the edge of the rim of each chocolate-coated glass in the peppermint pieces to decorate. Set aside, reserving any leftover mint pieces for decoration.

2 Place the chocolate-coated mint fondants in a saucepan with the milk and 250ml (8½fl oz) of the cream and bring to the boil over low heat, whisking all the time. Pour the hot chocolate into the prepared glasses, taking care not to pour it over the decorated rims.

3 Whip remaining cream to stiff peaks and place a spoonful on top of each drink. Sprinkle with peppermint pieces and place a candy cane in each glass.



Photography by Steve Painter

Cinnamon and clementine hot chocolate

If there is one flavour to instantly transport you to Christmas, it's the humble stocking favourite, the clementine! The bitter chocolate is sweetened with homemade clementine syrup for a warming treat

SKILL LEVEL: **SERVES 2** **PREPARATION:** 5 minutes **COOKING:** 10 minutes

YOU WILL NEED

- 2 tbsp caster sugar
- Grated zest and freshly squeezed juice of 2 clementines
- 2 long cinnamon sticks
- ½ teaspoon ground cinnamon
- 500ml (17½fl oz) milk
- 100g (3½oz) dark chocolate (85% cocoa solids), chopped
- Mini marshmallows, to serve
- Unsweetened cocoa powder

KCAL	FAT	SATURATES	CARBS
495	27g	16g	54g
SUGAR	**FIBRE**	**PROTEIN**	**SALT**
45g	5g	11g	0.3g

*PER SERVING

HOW TO MAKE

1 Begin by making the clementine syrup. Place the sugar and clementine zest and juice in a small saucepan and simmer over low heat until the sugar has dissolved and the liquid is syrupy.

2 Add the cinnamon sticks and ground cinnamon to the saucepan along with the milk and chopped chocolate. Simmer over low heat until the chocolate has melted, whisking to incorporate the chocolate.

3 Remove the cinnamon sticks from the pan and rinse them in warm water. Pour the hot chocolate into two heatproof glasses or cups and top with a layer of mini marshmallows. Sprinkle with cocoa powder and place a cinnamon stick in each glass to act as a stirrer. Serve immediately.

Grab a giveaway!

Check out the amazing goodies we have to be won this issue



Win a month's supply of delicious Corkers crisps!

Made from British potatoes, these delicious Corkers crisps have been twice-cooked (by hand!) to pack them with extra flavour. So, whether you need the perfect pairing for your sarnies or you fancy a moreish mid-afternoon snack, these award-winning crisps are just the ticket (or shall we say, packet!). We have a whole month's supply packed with tempting flavours such as Duck and Hoisin Sauce, Cheddar Cheese & Chive, and Sweet Potato, Parsnip, Carrot & Beetroot to give away to 10 readers. Each prize is worth over £20. To find out more about Corkers' crisps and the full range of flavours available, head to **corkerscrisps.co.uk**. **To enter, text ELGFCRISPS, your name, address and email to 87474*. Texts will be charged at 50p plus your standard network tariff rate. See p103 to enter by post.***



Sukrin ingredients for 10 lucky winners

Sukrin specialises in all-natural, free-from products and they have all of your gluten-free cooking needs covered. They stock everything from sugar-free chocolate to gluten-free cake mix, as well as our favourite, the Chocolate and Caramel Cake in a Cup Mix – ready in under two minutes! This issue, we have 10 fabulous bundles of Sukrin cooking ingredients, worth over £20, to give away to lucky readers. Each bumper prize includes: Sukrin:1, a healthy sugar alternative; a Chia & Hemp Bread Mix; a packet of Coconut Flour and a packet of Almond Flour – ideal for perfecting healthy, gluten-free cakes in 2016. Visit **sukrin.co.uk** to check out their entire range and stock up your baking cupboard straight away. **To enter, text ELGFSUKRIN, your name, address and email to 87474*. Texts will be charged at 50p plus your standard network tariff rate. See p103 to enter by post.***



Bag yourself a funky cooking apron!

If you're going to get serious about gluten-free cooking in 2016, you're going to need a fetching apron, right? This funky 'Gluten-free Goddess' design from Zazzle is both fun and practical, which is why we love it so much. We have 11 of these handy aprons, worth £17.95 each, to give away to lucky *Eating & Living Gluten Free* readers. For more custom gift ideas perfect for friends and family this Christmas, head to **zazzle.co.uk**. **To enter, text ELGFAPRON, your name, address and email to 87474*. Texts will be charged at 50p plus your standard network tariff rate. See p103 to enter by post.***

Tasty pasta for seven lucky readers

Giving up gluten doesn't have to mean giving up on taste and texture. Garofalo have developed a special gluten-free pasta using cornflour, rice flour and quinoa that tastes just as good as ordinary pasta, so your taste buds don't have to compromise. There are six shapes in the range – penne, casarecce, mafalda corta, linguine, gnocchi sardi and, our all-time favourite, spaghetti. Each of our seven lucky winners will receive a selection of each type of pasta, worth £29.90. For more information visit **pastagarofalo.it**

To enter, text ELGFPASTA, your name, address and email to 87474*. Texts will be charged at 50p plus your standard network tariff rate. See below to enter by post.*

Worth £30 each!



Toast slices from Kent & Fraser

To celebrate the launch of the brand new Kent & Fraser Gluten-Free Toast Slices, we have six fantastic prize bundles, worth over £20 each, to give away. The rich and delightfully crunchy toast makes a great mid-morning snack and there are three lovely flavours to enjoy: Olive, Walnut and Pimenton; Cherry, Pecan and Poppy Seed, and Cranberry and Almond. All six *Eating & Living Gluten Free* winners will get to try each of the delightful combinations. To check out the whole range, visit **kentandfraser.com**. **To enter, text ELGFTOAST, your name, address and email to 87474*. Texts will be charged at 50p plus your standard network tariff rate. See below to enter by post.***

6 tasty prizes





10 prize bundles

Brand new Perk!er snack bar bundles to be won!

Our friends at PERK!ER have a wonderful range of sweet treats, porridges and more, so we are delighted to announce they have just launched a new range of quinoa and sprouted grain oat bars, and now you could get your hands on a whole bundle of bars worth £20! The nutritious, tasty bars contain fibre, protein, antioxidants and omega 3 – giving you that all-important, slow-release energy to help you get through the day. Each of our 10 winners will receive a selection of the four brand new exciting flavours – the Cashew, Chia and Pumpkin Seed Bar; Goji and Cranberry Quinoa Bar; Cacao and Cashew Quinoa Bar and the Cranberry and Cashew Spouted Buckwheat Oat Bar. To try the bars t, head to ASDA or Sainsbury's, or visit **perkier.co.uk** to buy online. **To enter, text ELGFBARS, your name, address and email to 87474*. Texts charged at 50p plus your standard network tariff rate. See below to enter by post.***

Over £1,120 worth of prizes to be won!

***To enter by post, write your name, address and chosen giveaway on the back of a postcard and send to: *Eating & Living Gluten Free* Xmas issue, 2nd Floor, Tower House, Fairfax Street, Bristol BS1 3BN**

Terms and conditions of entry

Texts are charged at 50p plus your standard network tariff rate. Promotion excludes Immediate Media employees. Open to UK residents only. By entering, you agree to be bound by the rules of the promotion. Only one entry per person, per competition allowed. No responsibility accepted for lost, delayed, ineligible or fraudulent entries. Winning entries chosen at random from all eligible entries. Winners notified by post within 28 days of closing date. The draw is final, no correspondence will be entered into. For details of winners, send an SAE to the address above within two months of closing date. If any winner cannot be contacted within one month of the closing date, the promoter will offer the prize to a runner-up. The promoter reserves the right to substitute the prize with one of the same or greater value, with no cash alternative. By entering this competition you are agreeing to receive details of future offers and promotions from Immediate Media Company Bristol Limited and related third parties. If you do not want to receive this information, please add 'NO INFO' at the end of your text message or on your postcard. Entrants' details will be used in accordance with Immediate's Privacy Policy http://www.immediate.co.uk/privacy-policy. For customer care issues, please call 0117 927 9009. The closing date for all entries is 11.59pm on 21st January 2016. Promoter: Immediate Media Company Bristol Limited.

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JUL/AUG:

- Bursting with summer treats, including pea, mint, courgette and goat's cheese quiche, veggie kebabs, Mexican bean burgers and exotic Eton mess
- Expert advice on figuring out food labels, plus the pros and cons of a Paleo diet
- Blogger Becky Excell on her quest to raise awareness of food intolerance among young people
- Plus, the latest buys, news, reviews and taste tests



SEP/OCT:

- Enjoy feel-good autumn puds like berry crumble and chocolate and coconut flour brownies, teatime treats and Stateside-style dishes, plus find out all you need to know about the low FODMAP diet
- Expert advice on leading a healthy gluten-free lifestyle
- *Great British Bake Off* star Howard Middleton's chats about his gluten-free book
- Plus, the latest products, news, reviews and tips



INSIDE ISSUE 4:

- Get baking! From lemon and raspberry polenta cake to dark chocolate brownies and fig frangipane tart, you'll find delicious gluten-free bakes for every occasion
- Expert advice on how you can reduce the risk of developing osteoporosis
- Mary Berry's tasty chicken tagine recipe
- Plus, the latest products, news, reviews, top cookbooks and more



INSIDE ISSUE 5:

- Enjoy teatime favourites like strawberry and polenta shortcake, Battenburg and cherry clafoutis, plus tempting coconut and passion fruit cheesecake
- Expert advice on dining out with confidence, plus the best gluten-free flours
- England netball star Ama Agbeze's healthy eating tips
- Plus, the latest products, news, reviews, taste tests and free-from getaways

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Happy New Year!

Count down to 2016 with our fabulous four-course meal, from tasty blinis to a showstopping cheesecake!

New's Year's Eve menu

Blini canapés with smoked trout and hot and sour cucumber

.....

Grilled kale salad with beetroot, fig and ricotta

.....

Chicken breasts with wild mushroom sauce and lentils

.....

Lemon and ginger cheesecake



STUNNING STARTER

WOW YOUR GUESTS WITH THIS PRETTY WINTER SALAD

P107»

Blinis with smoked trout and hot and sour cucumber

Top these blinis with a spicy mix of cucumber, trout and soured cream to serve as a canapé, or enjoy them on Christmas morning with smoked salmon and Buck's Fizz

SKILL LEVEL: **MAKES 35-40** **PREPARATION:** 15 minutes plus marinating/standing
COOKING: 10-15 minutes

YOU WILL NEED

- 85g (3oz) buckwheat flour
- 85g (3oz) gluten-free plain flour
- ½ tsp gluten-free baking powder
- 1 tsp fast-action dried yeast
- Salt
- 200ml (7fl oz) milk
- 1 egg, separated
- 15g (½oz) butter, melted
- 250g (9oz) cucumber, peeled, halved, deseeded and thinly sliced
- ½ tsp white mustard seeds
- ½ tsp Sichuan peppercorns
- 3 tbsp cider vinegar
- 1 tbsp finely chopped dill
- 1 tbsp caster sugar
- ½ tsp dried chilli flakes
- 140g (5oz) smoked trout, finely chopped
- 150ml (5fl oz) soured cream
- Vegetable oil, for frying

KCAL	FAT	SATURATES	CARBS
156	8g	3g	17g
SUGAR	**FIBRE**	**PROTEIN**	**SALT**
3g	1g	6g	0.13g

*PER SERVING

HOW TO MAKE

1 Sift the flours, baking powder, yeast, and ½ teaspoon salt into a large bowl. Heat the milk until lukewarm, and pour into the flour with the egg yolk and melted butter. Mix well and cover. Leave to stand for 30 minutes.

2 Place the cucumber in a bowl. Lightly crush the mustard seeds and peppercorns with a pestle and mortar. Add to the cucumber with the vinegar, dill, sugar, ½ teaspoon salt, and chilli flakes, and mix. Cover and marinate for 20 minutes.

3 Stir the batter. Whisk the egg white in a clean bowl until it forms stiff peaks, then fold it into the batter. Heat a heavy non-stick frying pan, add a few drops of oil, and wipe it around the pan with kitchen paper.

4 Drop dessert-spoonfuls of the batter into the hot pan; they should be 5cm (2in) wide. Cook over a medium heat for 1-2 minutes until bubbles form and the base is golden. Flip and cook for 1 minute. Repeat to make 35-40 blinis. Serve warm with the cucumber, smoked trout and soured cream.



Recipe taken from *The Gluten-Free Cookbook*, (DK, £12.99, dk.com)



Photography by William Shaw



Grilled kale salad with beetroot, fig and ricotta

Brighten up the table with this colourful starter that's packed with health-boosting fruit and veggies. It's light and refreshing so your guests will have plenty of room for the main meal and dessert

SKILL LEVEL: **SERVES 2** **PREPARATION:** 30 minutes **COOKING:** 30 minutes

YOU WILL NEED

- 4 small golden beetroot, peeled and cut into wedges
- 2 tbsp olive oil, plus extra to drizzle and brush
- Salt and pepper
- 2 tbsp balsamic vinegar
- 1 tsp maple syrup
- 100g (3½oz) kale, stems trimmed
- 6 figs, quartered
- 30g (1oz) ricotta cheese

KCAL	FAT	SATURATES	CARBS
366	17g	3g	53g
SUGAR	**FIBRE**	**PROTEIN**	**SALT**
38g	10g	7g	0.4g

*PER SERVING

HOW TO MAKE

1 Preheat the oven to 220°C/425°F/Gas Mark 7. Place the beetroot in a roasting dish, drizzle with a little olive oil, lightly sprinkle with salt and roast for 20-25 minutes, turning occasionally, until tender.

2 Meanwhile, to make a dressing, place the 2 tbsp olive oil, balsamic vinegar and maple syrup in a small bowl and whisk to combine. Remove the beetroot from the oven, toss in half of the dressing and set aside.

3 Heat the grill, brush the kale with a little olive oil and lightly sprinkle with salt. Grill the kale for a minute or two on each side until the edges begin to char slightly. Chop coarsely.

4 Arrange the kale on plates with the figs, spoonfuls of ricotta and beetroot. Drizzle with the remaining dressing and season with salt and pepper.

CHEF'S TIP

Replace the ricotta with soft goat's cheese, for a slightly stronger flavour that will still complement the sweet beetroot and figs.

Recipe courtesy of Lakeland. Find more recipes at lakeland.co.uk

Photography by Laura Edwards



Recipe taken from *A Bird In The Hand* by Diana Henry (Mitchell Beazley, £20, octopusbooks.co.uk)

Chicken breasts with wild mushroom sauce and lentils

For delicious, fuss-free entertaining, you can make the sauce and lentils for this dish ahead of time and then simply reheat when you are ready to serve

SKILL LEVEL: **SERVES 6** **PREPARATION:** 40 minutes **COOKING:** 1 hour 15 minutes

YOU WILL NEED

FOR THE SAUCE
- 25g (scant 1oz) dried wild mushrooms
- 15g (½oz) unsalted butter
- 100g (3½oz) mushrooms, roughly chopped
- 350ml (12fl oz) well-flavoured gluten-free chicken stock
- 125ml (4fl oz) double cream
- Salt and pepper

FOR THE CHICKEN
- 6 skin-on high quality boneless chicken breasts, each 150g (5½oz)
- 20g (¾oz) unsalted butter
- Splash of groundnut or rapeseed oil

FOR THE LENTILS
- 2 tbsp olive oil
- 1 small onion, finely chopped
- 1 carrot, finely chopped
- 1 celery stick, finely chopped
- 300g (10½oz) Puy or Umbrian lentils
- 450ml (16fl oz) gluten-free chicken stock, more if needed (optional)
- 1 bay leaf
- 2 tsp sherry vinegar
- 2 tbsp extra virgin olive oil
- 1½ tbsp finely chopped flat-leaf parsley leaves

KCAL	FAT	SATURATES	CARBS
862	50g	15g	65g
SUGAR	**FIBRE**	**PROTEIN**	**SALT**
5g	18g	40g	2.27g

*PER SERVING

CHEF'S TIP

Keep an eye on the lentils as they are cooking and test them regularly towards the end of the cooking time, as they turn mushy very quickly and you want them to have a little bite for this recipe.



HOW TO MAKE

1 Start with the sauce, which you can make in advance if you want and reheat at the last minute. Pour 75ml (2½fl oz) of boiling water over the dried mushrooms and leave to soak for 15 minutes.

2 Melt the butter and sauté the other mushrooms until well coloured. Drain the wild mushrooms, reserving the soaking liquor, and chop any that are large. Add to the mushrooms in the pan and cook for another minute.

3 Pour on the stock and soaking liquor and cook until the liquid has reduced by two-thirds. Add the cream and simmer until the sauce coats the back of a spoon. Taste and season. You shouldn't need salt because of the reduced chicken stock. Remove from the heat.

4 Take the chicken breasts out of the refrigerator and allow them to come to room temperature.

5 Meanwhile, heat the olive oil in a heavy-based pan and gently sauté the onion, carrot and celery for 10 minutes. Add the lentils, stock and bay leaf and bring to the boil, then reduce the heat to a simmer and cook, covered, for 20–25 minutes, or until the lentils are cooked but still have a little bite.

6 By the end of the cooking time the stock should have been absorbed (you may need a little more stock or water during cooking). Gently stir in the vinegar, virgin oil and parsley, check for seasoning and cover to keep warm.

7 Heat the butter and oil for the chicken in a large frying pan. Season the chicken and put it in the pan, skin-side down. Cook for 2 minutes on each side over a medium heat, then reduce the heat and cook for around 6 minutes, turning, until cooked through but still moist. Quickly reheat the sauce.

8 Either leave the breasts whole or cut them, on a slight angle, into two or three pieces. Put some lentils into the centre of six warmed plates, put a chicken breast on top, and spoon some of the sauce around. Serve immediately.



Lemon and ginger cheesecake

This indulgent cheesecake is studded with stem ginger, which contrasts beautifully with the zesty lemon curd. You'll definitely want a second (or third) slice!

SKILL LEVEL: **SERVES 12** **PREPARATION:** 1 hour plus 3 hours chilling time

YOU WILL NEED

FOR THE CRUMB CASE
- 300g (10½oz) gluten-free ginger cookies
- 150g (5¼oz) butter, melted

FOR THE TOPPING
- 60g (2oz) butter
- Grated zest and freshly squeezed juice of 3 lemons
- 100g (3½oz) caster sugar
- 3 large egg yolks

FOR THE FILLING
- 6 sheets leaf gelatine
- 300g (10½oz) cream cheese
- 250g (8¾oz) mascarpone cheese
- 100g (3½oz) caster sugar
- 4 balls stem ginger, finely chopped, plus 60ml (2fl oz) syrup
- 120ml water (4fl oz)
- 250ml (8½fl oz) double cream
- 23cm (9in) round springform cake tin, greased and lined with baking parchment

KCAL	FAT	SATURATES	CARBS
624	49g	29g	41g
SUGAR	**FIBRE**	**PROTEIN**	**SALT**
28g	1g	8g	1g

*PER SERVING

HOW TO MAKE

1 To make the topping, put the butter, lemon juice and sugar in a heatproof bowl over a pan of simmering water. Whisk until the sugar has dissolved, then set aside to cool slightly. Whisk in the egg yolks and lemon zest, then return the bowl to the pan of water and stir until it thickens. Leave to cool.

2 For the case, crush the cookies to fine crumbs in a food processor. Transfer to a mixing bowl and stir in the melted butter. Press crumbs into the base and sides of the prepared cake tin firmly, using the back of a spoon. They should be about 3-4cm (1¼-1½in) high.

3 For the filling, soak the gelatine leaves in water until soft. In a large bowl, whisk the cream cheese, mascarpone and sugar until light and creamy, then beat in the chopped ginger.

4 Put the ginger syrup and 120ml (4fl oz) water in a heatproof bowl over a pan of simmering water and heat gently. Squeeze the water out of the gelatine leaves and add them to the ginger syrup, stirring until the gelatine dissolves. Sieve the ginger syrup into the cream cheese mixture to remove any undissolved gelatine, then whisk in the double cream until smooth and thick.

5 Pour the filling into the case and tap it gently so that the mixture is evenly distributed. Chill for at least 3 hours. Serve with spoonfuls of the lemon curd swirled on top.

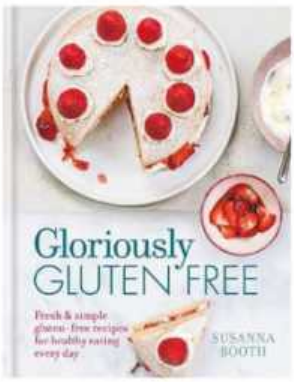


Recipe taken from *The Easy Kitchen: Gluten-Free Recipes* (Ryland Peters & Small, £9.99)

Cook's bookshelf

The perfect starting point to find cookbooks packed with gluten-free recipes





Gloriously Gluten Free

by Susanna Booth
£20, Hamlyn

The Guardian's free-from food columnist Susanna Booth comes up trumps with this brand new compendium of indulgent gluten-free delights. Inside you'll find recipes to inspire breakfast, lunch and dinner, but it's Susanna's delectable baking recipes that really got our mouths watering. From strawberry sponge cake to hot chocolate pudding and tempting orange poppy seed muffins, you'll find something to bake all year round. What are you waiting for? Quick, add it to your Christmas wish list immediately!

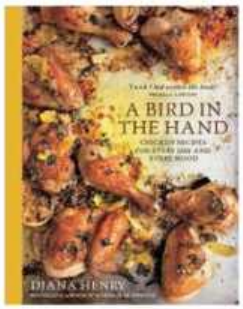
Blog of the issue

paleowithmrsp.com

The Paleo with Mrs P blog is packed full of recipes to suit a wide variety of diets. With a recipe index handily split up into desserts, children's, snacks, mains and more it's easy to navigate, and Emma's recipes are thoughtfully presented with cooking times, serving sizes and step-by-step pictures.



THIS MONTH WE LOVE...



A Bird in the Hand

by Diana Henry
£20, Mitchell Beazley

Diana shows you how to transform the humble chicken into mains, such as pomegranate, barley and feta stuffed chicken, and Vietnamese lemon grass and chilli chicken thighs. Life will never be the same again!



Christmas

by Gordon Ramsay
£15, Quadrille

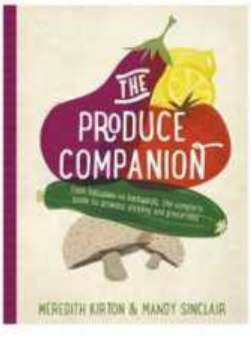
With five Christmas menus, including turkey, ham, goose, beef and sea bass, Gordon's new book is perfect for those who love to entertain. Whilst not every recipe is gluten free, many can be easily adapted.



Hot Chocolate

by Hannah Miles
£9.99, Ryland Peters & Small

Create café-style indulgent hot chocolates at home with Hannah Miles' new book. Inside you'll find quick and easy recipes for red velvet, toffee apple and classic favourites such as French vanilla and mocha.



The Produce Companion

by Meredith Kirton & Mandy Sinclair
£20, Hardie Grant

If you grow your own veg, this stylish new book will soon become your bible, showing you how to turn an abundance of homegrown fresh produce into chutneys, jams, pestos, syrups, main meals and more.

Conversion charts

Our weights and measures are provided in metric but if you'd prefer to use imperial or US measures here's a set of handy conversion tables

VOLUME (LIQUIDS)

METRIC	IMPERIAL	US
5ml	1 tsp	
10ml	1 dessert sp	
15ml	1 tbsp	
30ml	1fl oz	
40ml	1½fl oz	
50ml	1¾fl oz	
60ml	2fl oz	¼ cup
85ml	3fl oz	
100ml	3½fl oz	
120ml	4fl oz	½ cup
150ml	5fl oz/ ¼ pint	
180ml	6fl oz	¾ cup
200ml	7fl oz	
240ml	8½fl oz	1 cup
300ml	10½fl oz/ ½ pint	1¼ cups
340ml	12fl oz	
370ml	13fl oz	
400ml	14fl oz	
425ml	15fl oz/ ¾ pint	
480ml	17fl oz	2 cups
510ml	18fl oz	
560ml	19¾fl oz/ 1 pint	
600ml	21fl oz	
700ml	1¼ pints	
850ml	1½ pints	
1 litre	1¾ pints	
1.1 litres	2 pints	1 quart
1.4 litres	2½ pints	
1.7 litres	3 pints	
2 litres	3½ pints	

US CUPS

Officially, a US cup is 240ml. This is slightly different to an Australian, Canadian and South African cup, which is 250ml. As long as you use the same cup for measuring out each of your ingredients, the proportions should work out the same.

INGREDIENT	1 CUP	¾ CUP	⅔ CUP	½ CUP	⅓ CUP	¼ CUP	2 TBSP
Flour	120g	90g	80g	60g	40g	30g	15g
Flour (sieved)	110g	80g	50g	55g	35g	27g	13g
Sugar (granulated)	200g	150g	130g	100g	65g	50g	25g
Icing Sugar	100g	75g	70g	50g	35g	25g	13g
Brown Sugar	180g	135g	120g	90g	60g	45g	23g
Cornflour (corn starch)	120g	90g	80g	60g	40g	30g	15g
Rice (uncooked)	190g	140g	125g	95g	65g	48g	24g
Polenta (uncooked)	180g	135g	120g	90g	60g	45g	22g
Oats (uncooked)	90g	65g	60g	45g	30g	22g	11g
Table Salt	300g	230g	200g	150g	100g	75g	40g
Butter	240g	180g	160g	120g	80g	60g	30g
Nuts (chopped)	150g	110g	100g	75g	50g	40g	20g
Nuts (ground)	120g	90g	80g	60g	40g	30g	15g
Breadcrumbs (fresh)	60g	45g	40g	30g	20g	15g	10g
Breadcrumbs (dry)	150g	110g	100g	75g	50g	40g	20g
Sultanas / Raisins	200g	150g	130g	100g	65g	50g	22g

OVEN TEMPERATURES

°Celcius	Fan°Celcius	°Farenheit	Gas mark	Description
110	90	225	¼	Cool
120	100	250	½	Cool
140	120	275	1	Very low
150	130	300	2	Low
160	140	325	3	Warm
180	160	350	4	Moderate
190	170	375	5	Moderately hot
200	180	400	6	Hot
220	200	425	7	Hot
230	210	450	8	Very hot

MEASUREMENTS

5mm	¼ inch	15cm	6 inches
1cm	½ inch	17cm	6½ inches
2cm	¾ inch	18cm	7 inches
2.5cm	1 inch	20cm	8 inches
3cm	1¼ inches	23cm	9 inches
4cm	1½ inches	24cm	9½ inches
5cm	2 inches	25cm	10 inches
7.5cm	3 inches	28cm	11 inches
10cm	4 inches	30cm	12 inches
12cm	4½ inches	32cm	12½ inches

WEIGHT (SOLIDS)

METRIC	IMPERIAL
7g	¼ oz
15g	½ oz
20g	¾ oz
25g	1 oz
40g	1½oz
50g	2oz
60g	2½oz
75g	3oz
100g	3½oz
125g	4oz
140g	4½oz
150g	5oz
165g	5½oz
175g	6oz
200g	7oz
225g	8oz
250g	9oz
275g	10oz
300g	11oz
350g	12oz
375g	13oz
400g	14oz
425g	15oz
450g	1lb
500g	1lb 2oz
550g	1¼lb
600g	1lb 5oz
650g	1lb 7oz
675g	1½lb
700g	1lb 9oz
750g	1lb 11oz
800g	1¾lb
900g	2lb
1kg	2¼lb
1.1kg	2½lb
1.25kg	2¾lb
1.35kg	3lb
1.5kg	3lb 6oz
1.8kg	4lb
2kg	4½lb
2.25kg	5lb
2.5kg	5½lb
2.75kg	6lb
3kg	6lb 8oz



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REPROGRAPHICS Tony Hunt, Chris Sutch and Rob Fletcher
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Inspiration for cheese lovers on p97





IMAGE: Getty

My recipe for success

Radio and TV presenter **Gaby Roslin** chats about guilty pleasures and why giving up gluten changed her life!

KEEPING HEALTHY

I have studied health and nutrition for 20 years and my bedtime reading of choice is nutrition and health papers!
I eat healthily, exercise regularly (gym using the pilates method) and drink lots of water. I think being upbeat and happy helps your general health, too.



IMAGE: iStock

Indulgences

My guilty pleasure would have to be Prosecco... then chips! But I would definitely have had to drink too much Prosecco to dive into a plate of chips!



Eating out

**Eating out with a food allergy is much easier now, as most restaurants list their gluten-free options.
I always ask the waiting staff to make sure, but I have been caught out. Last week, I ordered a superfood salad with avocado and beetroot and asked if there was any wheat in the salad or dressing and the waitress said no. It arrived with croutons all over it, but they weren't listed on the menu!**

TIME FOR CHANGE

I first discovered I had an allergy to wheat about 20 years ago. I'd had breathing problems (occasionally I used an inhaler) all my life. I constantly used to get agonising stomach pains and it was all put down to IBS – but everything I tried for that didn't work.
I went to see an amazing naturopath who suggested that it could all be caused by wheat. I tried an elimination diet for two weeks and everything changed – I could breath, sleep and there were no pains in my stomach. Since giving up wheat, I don't get hay fever and my allergy to cats is much less. My immune system had been dampened by my wheat intake. Giving up gluten has really changed my life!



On the go

Managing my diet on the go can be tough – most people can just grab a sandwich and run. Nowadays more places serve gluten-free dishes, but often these are high in carbs and sugar. I use my Nutribullet and take a juice with me or grab one along the way. In London there are juice bars popping up all over the place. I'm a great believer in juicing and do it once a week – usually on a Monday after over-indulging at the weekend!



Family meals

I love cooking for my family. My go-to favourite meal at the moment is grilled salmon marinated in Tamari, lemon juice, ginger, chilli and a little sesame oil, served with pak choi, broccoli and roasted sweet potato, and a mixed salad on the side with avocado.





MY INSPIRATION

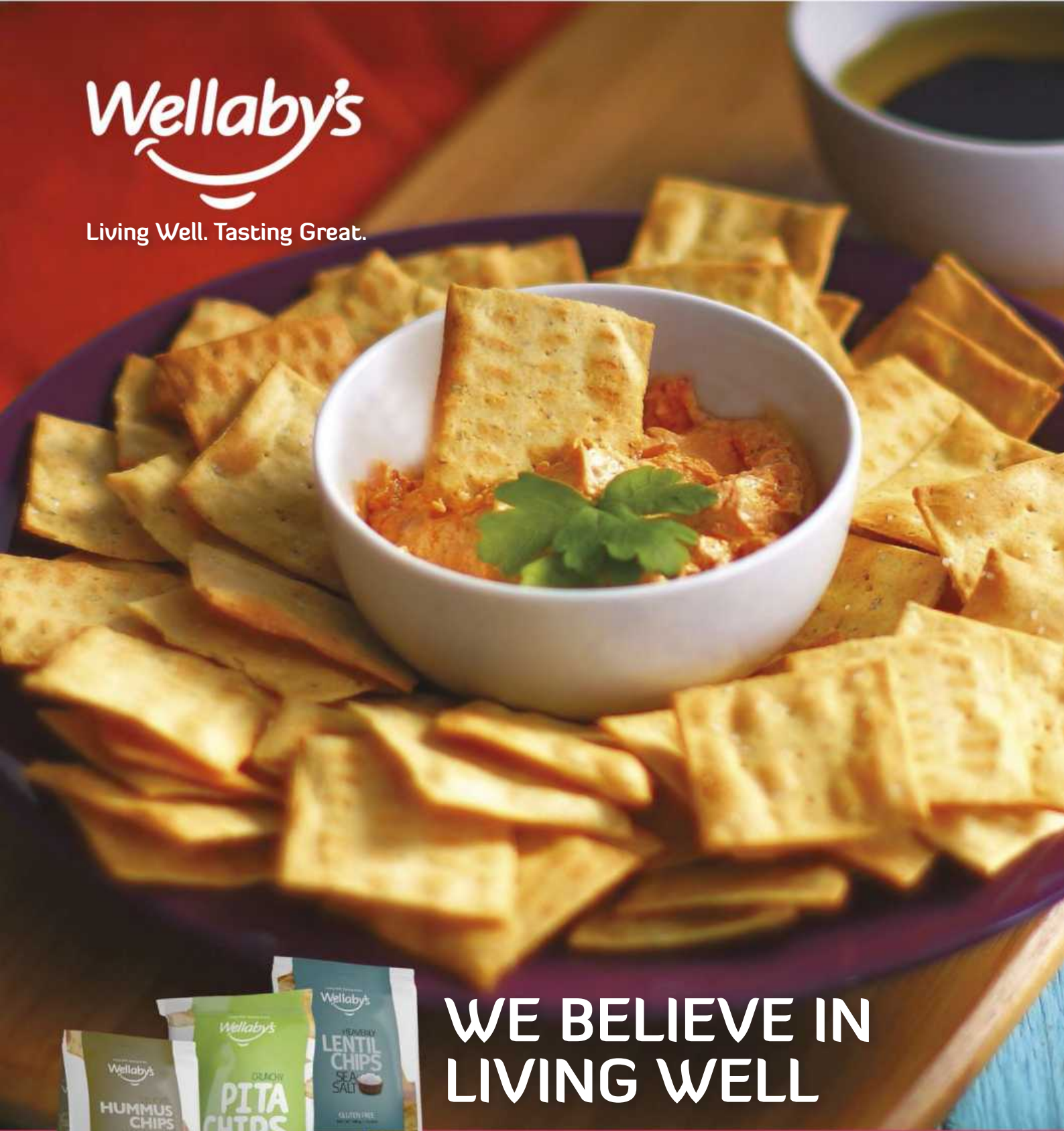
Next year is my 30th year in TV and radio and in that time I have met so many inspirational people, both young and old. One person who has really had a great effect on me, though, is my granny. She died 15 years ago and was the family's inspiration. She was loving, kind, funny, frighteningly bright and so good to everyone, no matter who they were. She had the biggest heart and was so generous.



IMAGE © twitter.com/GabyRoslin

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